

# food processor

from General Electric



USE  
AND  
CARE  
BOOK

MODEL  
FP1/4200

Model FP-1/4200  
120 Volts Maximum 360 Watts, AC only  
Listed by Underwriters Laboratories Inc  
© General Electric Company 1978



READ AND SAVE THIS BOOK

UL LISTED

# PLAN TO USE YOUR PROCESSOR FOR EVERY MEAL!

Because of its speed and versatility, this **FOOD PROCESSOR** from General Electric appeals to all types of cooks, the gourmet and the non-gourmet alike.

As you use this **FOOD PROCESSOR**, you'll discover so many ways in which this appliance can help to speed you through food preparation tasks of:

- ★ **CHOPPING**
- ★ **GRATING**
- ★ **GRINDING**
- ★ **CRUMBING**
- ★ **SHREDDING**
- ★ **MINCING**
- ★ **MIXING**
- ★ **PUREEING**
- ★ **SLICING**
- ★ **MIXING YEAST BREAD DOUGH**

THIS BOOK IS YOUR GUIDE TO FAST AND SURE PROCESSING TECHNIQUES. PLEASE READ IT CAREFULLY, BEFORE USING YOUR GE FOOD PROCESSOR.

**NOTE:** The maximum rating is based on the attachment that draws the most power. Other recommended attachments may draw significantly less power.

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Keep this booklet handy; review product warranty and service statements on separate sheet and record below:

Date product received: \_\_\_\_\_

Complete model number (located on bottom of Base): \_\_\_\_\_



## IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

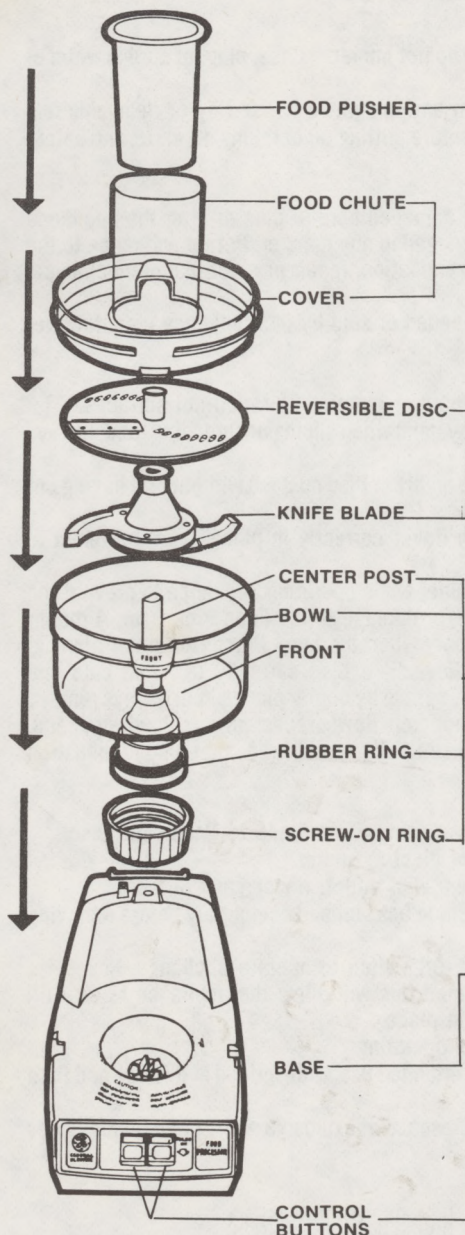
- ★ Read all instructions.
- ★ To protect against electrical hazards do not immerse Base, plug, or cord in water or other liquid.
- ★ Close supervision is necessary when any appliance is used by or near children.
- ★ Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
- ★ Avoid contacting moving parts.
- ★ Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or has been dropped or damaged in any manner. Return appliance to the nearest authorized service facility for examination, repair or electrical or mechanical adjustment.
- ★ The use of attachments not recommended or sold by the appliance manufacturer may cause hazards.
- ★ Do not use outdoors.
- ★ Do not let cord hang over edge of table or counter, or touch hot surfaces.
- ★ Never feed food into the Food Chute by hand when slicing or shredding food. Always use the Food Pusher provided.
- ★ To avoid injury, never place cutter assembly or Disc on Base without first having put Bowl properly in place.
- ★ Always operate Food Processor with Cover correctly in place. Do not attempt to defeat the Cover interlock system.
- ★ Keep hands and utensils out of container while operating appliance to prevent the possibility of severe personal injury and/or damage to the Food Processor. A rubber scraper may be used but must be used only when the Food Processor is not running.
- ★ Handle the sharp Knife Blade and Reversible Disc carefully to avoid cuts and injuries. When handling Knife Blade, always grasp by center plastic hub. Always remove Knife Blade before removing processed food from Bowl or reaching into Bowl with hand.
- ★ This appliance is intended for home use ONLY and not for commercial or industrial use.
- ★ Do not process hot liquids.
- ★ Never exceed Fill Level on Bowl when using Knife Blade or Reversible Disc.
- ★ Do not place on or near a hot gas or electric burner.
- ★ To disconnect, grip plug and pull from wall outlet. Never yank on cord.
- ★ Make sure motor, Disc and/or Knife Blade has stopped completely before removing Cover.
- ★ Always use ON/OFF switch or PULSE-ON switch to operate appliance. Never use Cover Release Knob to turn unit OFF since this will allow the appliance to turn ON unexpectedly when Cover is again put in place.
- ★ Never leave room while appliance is operating.
- ★ This appliance should be used for its intended use as described in this Use and Care Book.
- ★ Do not operate this appliance in the presence of explosive and/or flammable fumes or use it to mix flammable materials.

SAVE THESE INSTRUCTIONS

# GET TO KNOW YOUR FOOD PROCESSOR

## PARTS

## USES



The **FOOD PUSHER** fits into the **FOOD CHUTE**. It allows you to control the pressure on the food for best results and prevents food from splashing out. The **FOOD PUSHER** is also a convenient 1 cup (8 ozs.) measure.

The **COVER** with **FOOD CHUTE** has an interlock system that assures you that the **PROCESSOR** will not operate unless it is properly in place. The **FOOD CHUTE** allows you to load food for slicing and shredding or add ingredients while **PROCESSOR** is running.

The **REVERSIBLE DISC** and the **KNIFE BLADE** are your two separate attachments. They fit into the **CENTER POST** of the **BOWL** for processing as well as for easy storage.

The **BOWL** with **CENTER POST** fits into the **BASE** with special side locking tabs.

The **CENTER POST** with its **RUBBER RING** is held in place in the **BOWL** by a **SCREW-ON RING**.

The **BASE** houses the motor. On the front of the **BASE** are two **CONTROL BUTTONS** - the continuous **ON/OFF** Button for long processing jobs and the **PULSE** Button for short spurts of action.

The **FOOD PROCESSOR** parts need no special storage space. All the parts can be put back together with the **KNIFE BLADE** and **DISC** both positioned in the **BOWL**. Keep your **FOOD PROCESSOR** handy on your countertop ready for use.



# WHAT EACH ATTACHMENT CAN DO

**NOTE:** These symbols are used throughout this book to help you easily identify what attachment to use:

## KNIFE BLADE REVERSIBLE DISC, SLICING SIDE UP REVERSIBLE DISC, SHREDDING SIDE UP

1. The **KNIFE BLADE (A)** speeds up numerous everyday tasks depending on the food and method used. It:

- CHOPS**
- Fruits, vegetables, nuts
  - Meat cubes for sausages, sandwich spreads, or croquettes
  - Beef cubes for fresh hamburger

**CRUMBS** • Breads, cookies, crackers - coarsely

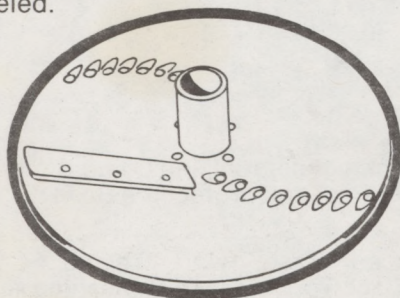
- GRINDS**
- Nuts
  - Makes fresh peanut butter

**MINCES** • Garlic, carrots

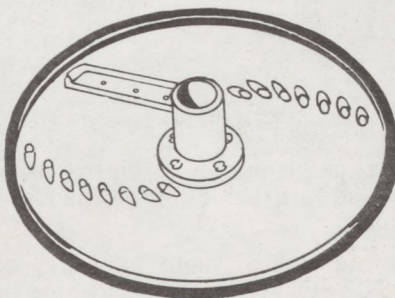
- MIXES**
- |                  |                      |                 |
|------------------|----------------------|-----------------|
| • Pie Doughs     | • Pancake Batters    | • Mayonnaise/   |
| • Cookie Batters | • Yeast Bread Doughs | Salad Dressings |
|                  | • Cheese Dips        |                 |
|                  | • Sauces             |                 |

- PUREES**
- Family dinner into fresh babyfood for toddlers or juniors
  - Hearty soups

2. The **REVERSIBLE DISC** is really two discs in one. One side is for **SLICING (B)**; the other for **SHREDDING (C)**. Both sides of the Disc are labeled.



**B** SLICING SIDE



**C** SHREDDING SIDE

★ With the “**SLICING SIDE UP**”, you can:

- Slice fruits for pies and salads
- Slice vegetables for appetizers or casseroles
- Slice partially frozen meats for Stroganoff or Oriental dishes
- Slice firm cheeses

- Cross-cut packaged sliced meats for Chef Salad
- Make Matchstick Potatoes
- French cut green beans

★ Flip the Disc over with the “**SHREDDING SIDE UP**” and you can:

- Make long or short vegetable shreds
- Shred natural cheeses for sauces or garnishes
- Crumb dry bread, cookies, crackers

### 3. The **KNIFE BLADE** and **DISC** with **SHREDDING SIDE UP**, CAN BE USED TOGETHER.

This gives you more uses especially for finely processed results.

- Grating Parmesan or Romano cheese
- Fine crumbing bread, crackers, or cookies
- Grating potatoes for potato pancakes

### 4. **SOME FOODS DO NOT PROCESS WELL**

The **FOOD PROCESSOR** is designed to help speed you through many kitchen tasks, but there are a few things that it is not designed to do. Here are some tasks that are not performed by the **FOOD PROCESSOR**.

- Beating egg white to large volume
- Whipping cream to a thick and fluffy consistency
- Slicing or shredding soft cheeses
- Mashing potatoes (They become gluey)
- Slicing or shredding candied or dried fruits
- Slicing hard-cooked eggs or hard nuts

### **THINGS WHICH CAN DAMAGE THE FOOD PROCESSOR**

- Cheese which is so hard you have trouble cutting it
- Solidly frozen meat
- Bones and other inedible parts of food
- Spices ground alone, such as whole cloves, which have a high oil content

## **BEFORE FIRST USE**

1. Unpack product and remove all packing material, including the foam rubber squares which fit on the Center Post and protect the Bowl during shipment.
2. Before using, wash all parts except Base. Read “Taking **FOOD PROCESSOR** apart. . . and Putting it Back Together” and “Cleaning After Use” sections to learn the correct steps for taking this product apart and the proper cleaning methods.
3. Fill out and mail Registration Card.

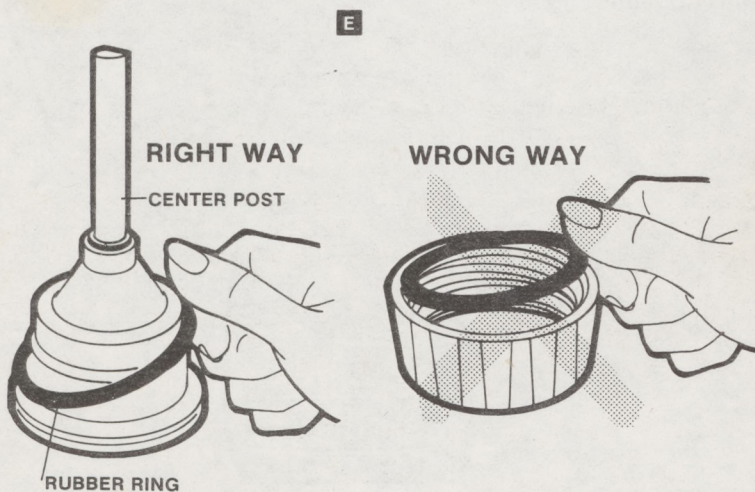
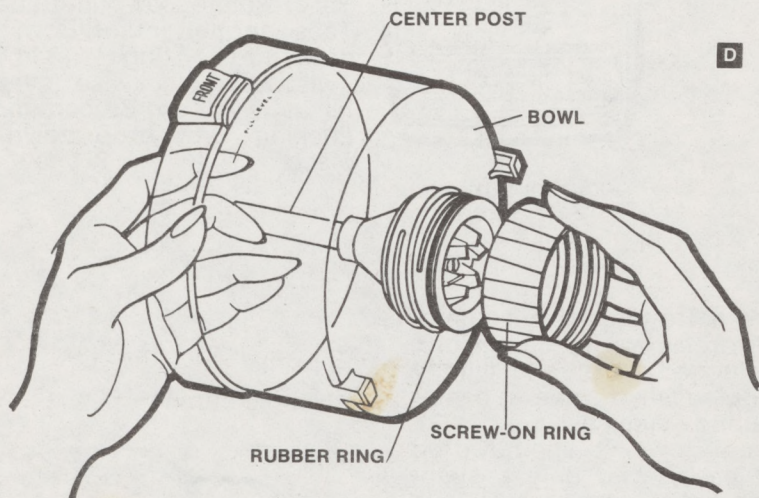


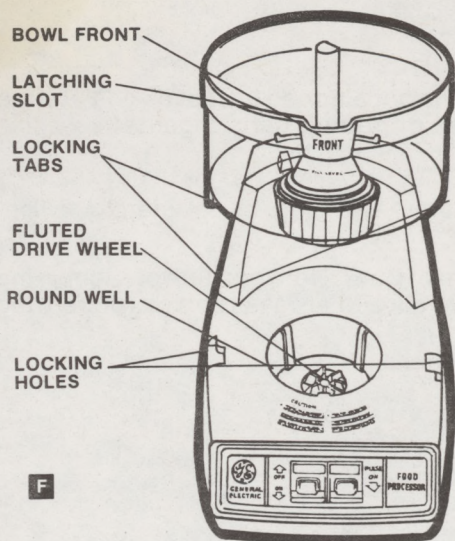
# TAKING FOOD PROCESSOR APART. . . AND PUTTING IT TOGETHER

Make sure the **FOOD PROCESSOR** is not plugged in and the **OFF** Button is in up position before taking apart or putting parts together.

## 1. Food Processor Bowl

- ★ Take Bowl apart by twisting Screw-On Ring in counterclockwise (↺) direction (**D**) until it comes off Bowl.
- ★ Push Center Post out from bottom of Bowl. Note position of rubber ring - it fits over the Center Post (**E**). Be sure to always replace rubber ring correctly.



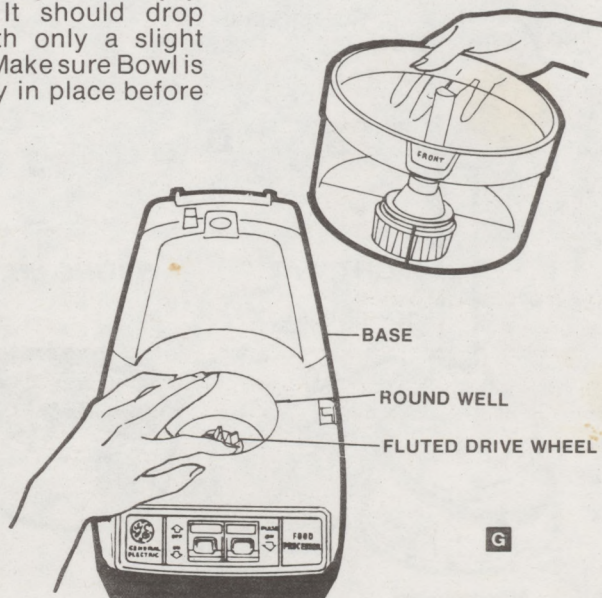


CONTROL BUTTONS

★ To put Bowl together, position rubber ring over Center Post - it should never be placed in the Screw-On Ring (E). Fit Center Post, with rubber ring in place, through opening in bottom of Bowl. Attach Screw-On Ring (D) by turning in clockwise (➡) direction. Tighten securely, but do not overtighten.

★ To attach Bowl to Base, hold bowl with "FRONT" facing you (F). Set Screw-On Ring section of Bowl into Round Well area of Base. Rotate Bowl until Locking Tabs on bottom of Bowl drop down into Locking Holes in Base. Twist Bowl clockwise (➡) as far as it will go. Be certain both Locking Tabs drop down into place.

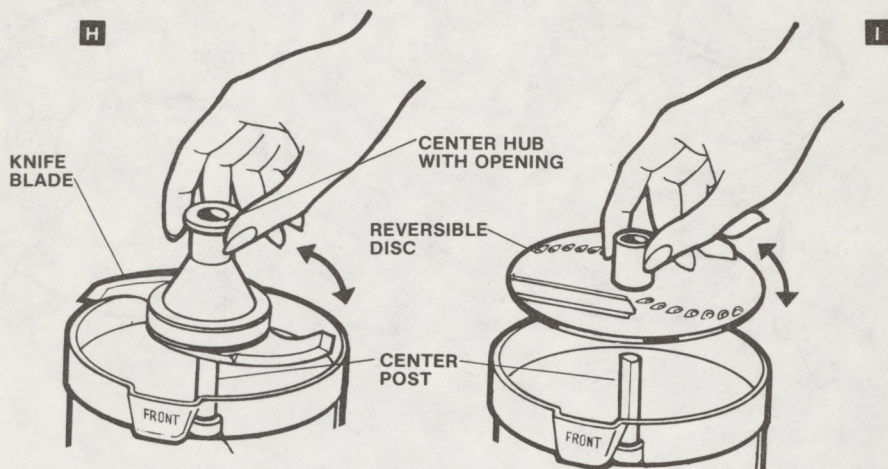
**NOTE:** If Bowl does not immediately drop down, make sure unit is unplugged, lift off and slightly turn Fluted Drive Wheel in center of Round Well by hand (G). Replace Bowl. It should drop down easily with only a slight turning motion. Make sure Bowl is seated and firmly in place before using appliance.





## 2. Knife Blade

★ Grasp Knife Blade by center hub (H). With blade-side down, line up flat side of center hub with flat side of Center Post and lower Knife Blade to bottom of Bowl.



## 3. Reversible Disc

- ★ This Disc will slice or shred depending on which side is facing up.
- ★ Grasp Reversible Disc by center hub (I) and turn so desired side (either slicing or shredding) is facing upward.
- ★ Position opening in center hub of Reversible Disc over Center Post of Bowl (I). (Note that flat side of center hub on side of Disc facing upward is always opposite flat side of Center Post.)
- ★ Rotate Disc until it slides down Center Post into place - about 1 inch down.

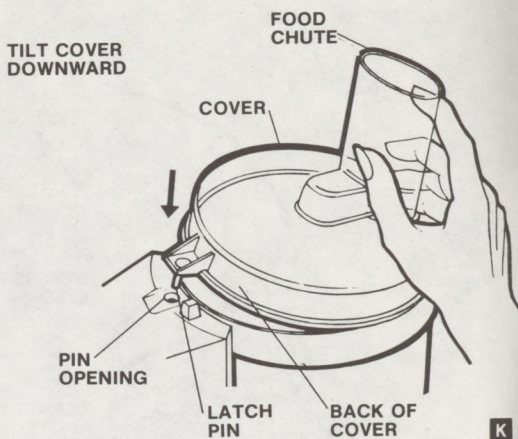
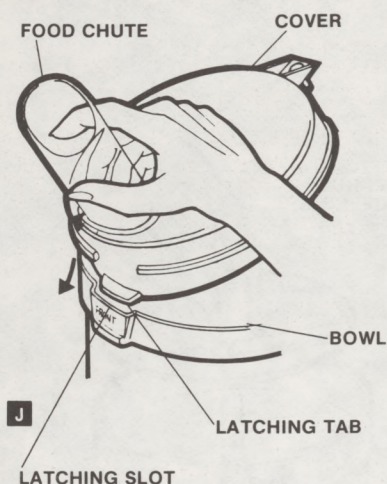
**NOTE:** Remember to remove Knife Blade before using Reversible Disc, unless both attachments are to be used together.

## 4. Food Processor Cover

For your protection, this appliance has a cover interlock system. The cover must be correctly in place before the Food Processor will operate. **DO NOT ATTEMPT TO OPERATE WITHOUT THE FOOD PROCESSOR COVER CORRECTLY IN PLACE.**

★ Hold Cover by Food Chute with Latching Tab facing you **(J)**. The Food Chute can be used as a handle.

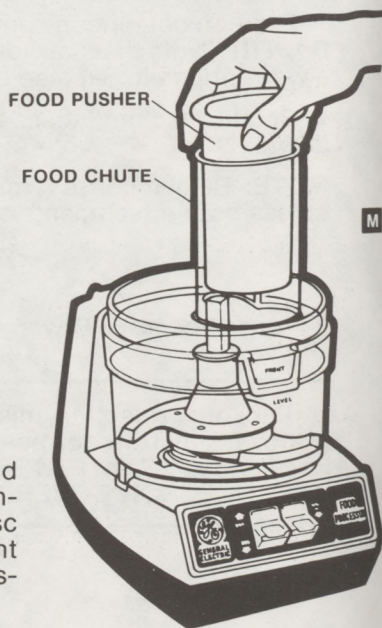
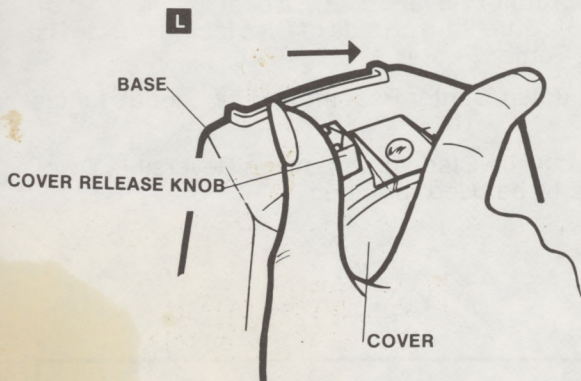
★ Tilt front edge of Cover downward and fit Latching Tab into Slot at top of Bowl **(J)**. Be sure Tab fits into Slot.



★ Lower back of Cover to allow Latch Pin to fit into Pin Opening at top of Base **(K)**.

★ Press Latch Pin down into Pin Opening until it clicks into place.

★ To remove the Cover, shut Food Processor OFF and make sure Disc and/or Knife Blade has stopped rotating. Press Cover Release Knob to the right **→ (L)** and lift off Cover.



## 5. Food Pusher

★ Insert Food Pusher into Food Chute and lower into place **(M)**. Always use Food Pusher to guide food through Reversible Disc during shredding or slicing, and to prevent spattering out of Food Chute when processing with Knife Blade.



**NOTE:** The open Food Pusher holds slightly more than 1 cup. There is a line on the inside of the Pusher to mark a 1 cup (8 ozs.) level **(M)**. Use it, if desired, when adding liquid ingredients during processing.

## CONTROL BUTTONS

For your convenience, there are two Control Buttons on the front of the Base **(N)**.

### 1. ON/OFF BUTTON

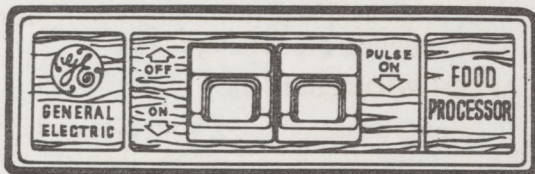
★ When pressed down to "on" position, Food Processor will run until Button is lifted upward to "off" position.

★ Use for longer processing jobs, such as when making peanut butter, smooth spreads, dips, etc.

### 2. PULSE-ON BUTTON

★ Must be pressed down and HELD for appliance to run.

★ Use for short processing jobs, such as when chopping raw beef cubes to make hamburgers or chopping vegetables, etc. This allows you to control the processing time as well as the type of processed results you get.



## 1 HOW TO... USE THE KNIFE BLADE TO CHOP, CRUMB, GRIND, MINCE, MIX, PUREE

### BEFORE PROCESSING

1. Set Base on clean, dry counter or table.
2. Position Bowl on Base and attach Knife Blade.
3. Add foods to be processed to Bowl. NEVER EXCEED FILL LEVEL.

#### For liquids or semi liquids

Use up to 2 cups at a time

#### For solid foods

See DAILY USE CHART  
for recommended amounts

3. Correctly position Cover with Food Pusher in place. Plug cord into standard electrical outlet.

4. Read "For Best Results" and "Simple Steps" sections carefully. You will find all this information very helpful.

## TO PROCESS

1. For most chopping, crumbing, or grinding, it's better to use the PULSE ON Button. Press it and release immediately. Short spurts of action stir food as it is chopped, giving more even results.
2. For longer processing jobs, like pureeing, use the ON/OFF Button.
3. When processing some hard foods, such as carrots or beef cubes, the Food Processor may move slightly on the counter. Always be sure to use recommended processing loads.

## AFTER PROCESSING

1. After processing food, shut off Food Processor and allow Knife Blade to stop rotating before pressing Cover Release Knob to the right. Then remove Cover.
2. Remove Bowl from Motor Base. **ALWAYS REMOVE KNIFE BLADE FROM BOWL BEFORE EMPTYING PROCESSED FOOD FROM BOWL. GRASP KNIFE BLADE BY CENTER HUB.**

## FOR BEST RESULTS, CONSIDER. . .

### 1. SIZE

- ★ To chop, quarter foods or cut them in 1-inch pieces. Large pieces chop unevenly, with some particles coarse and others overprocessed.

### 2. QUALITY

- ★ Fresh, crisp or firm fruits and vegetables process best.

### 3. QUANTITY

- ★ Medium size loads chop more evenly than large ones. If your recipe calls for 4 medium onions, chop two at a time. It only takes a few seconds longer and food will be evenly chopped without being overprocessed.

### 4. TEMPERATURE

- ★ Fruits, vegetables and medium-hard cheeses process best at refrigerator temperature.

## FOLLOW THESE SIMPLE STEPS

### 1. TO CHOP OR GRIND

#### Fruits, Vegetables, Nuts

- ★ Cut food no larger than 1" cubes and place recommended amount in Bowl (see DAILY USE CHART for amounts).
- ★ Press and immediately release the PULSE ON Button.

**For Coarse Chopping** - Try 1-2 pulses.

**For Medium Chopping** - Try 3-4 pulses.

**For Fine Chopping** - Start with a few short pulses and finish with longer ones.



★ Check results often and use a spatula to scrape down sides of Bowl if necessary.

### **Uncooked Meat**

Food Processors CHOP rather than GRIND uncooked meat, such as beef for fresh hamburger. The result with the Food Processor is finely chopped meat for patties, sausages, or meat loaf. Uncooked meat chopped in the Food Processor is used in the same dishes as the ground meat you buy in the supermarket, which is made with a Meat Grinder.

**2. TO CRUMB**, coarsely (For fine crumbs, see section on "How To Use Knife Blade and Disc Together".)

★ Break up to 4 slices of **fresh** bread into quarters and place in Bowl. Process by Pulsing to desired fineness.

**3. TO MINCE** garlic cloves, 1" pieces onion or carrots

★ Use well dried Bowl for best results.

★ With Processor running, drop up to 4-5 pieces through Food Chute one at a time. Cover Chute. Process 3-5 seconds.

### **4. TO MIX**

#### **Cookies, Pie Dough, Party Dips, Sauces**

★ Follow the recipes found in this book or adapt your own favorite recipes to the Processor by combining and processing ingredients as described in the recipes in this book.

#### **Pancake Batters, Crepe Batters**

★ Add dry ingredients to Bowl, then the liquids. Process until smooth.

**NOTE:** Use only Yeast Bread recipes in this book and in the General Electric Cookbook, **Cooking with a Food Processor**. These recipes have been specially adapted for preparation in this appliance.

### **5. TO PUREE** Cooked Fruit and Vegetables

★ Drain food, reserving liquid.

★ Add to Bowl 1/2 to 3 cups of food, and 1/4 cup liquid for each cup of food. Add butter and seasonings, if desired.

★ Process to desired consistency. If necessary, stop Processor to scrape down sides of Bowl with spatula.

### **6. DO NOT USE KNIFE BLADE FOR PROCESSING:**

- Marshmallows
- Frozen Meat
- Ice Cubes
- Spices with high oil content, such as cloves
- Inedible parts of foods, such as bones, pits

## **2** HOW TO. . . USE THE REVERSIBLE DISC TO SLICE, JULIENNE SLICE, MATCHSTICK CUT, FRENCH CUT, SHRED, CRUMB.

### **BEFORE PROCESSING. . .**

1. Set Base on clean, dry counter or table.
2. Position Bowl on Base and attach Disc, desired side up.
3. Correctly position Cover. Plug cord into standard electric outlet.
4. Read the "For Best Results" and "Helpful Hints" sections carefully. You will find all the information very helpful.

### **TO PROCESS**

1. Fill Food Chute with food and position Food Pusher on top of the food.
2. Press Food Processor ON or PULSE Button and **gently** guide food through Disc with Food Pusher.

### **AFTER PROCESSING**

1. After processing food, shut off Food Processor, and allow Disc to stop rotating before pressing Cover Release Knob to the **→** right. Then remove Cover.
2. Remove Disc and empty sliced or shredded food from Bowl.
3. When processing large quantities, be sure to empty Bowl when processed food reaches **FILL LEVEL** in any section of the Bowl. If overfilled, processed food may interfere with Disc rotation and cause hub of Disc to rise up and rub against inside of Cover.

### **FOR BEST RESULTS, CONSIDER. . .**

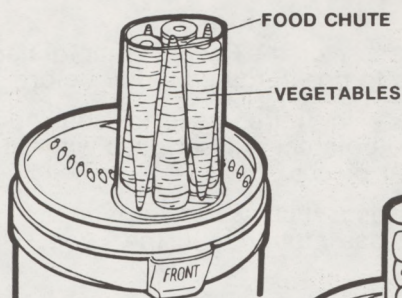
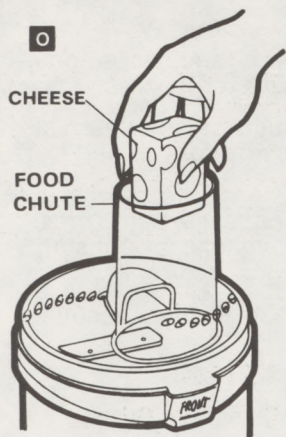
#### **1. TEMPERATURE**

- ★ Fruits, vegetables and medium-hard cheeses should be processed at refrigerator temperature.
- ★ Grate Parmesan and Romano cheese at room temperature.
- ★ To slice raw meat, it should be partially frozen, firm but not solid.

#### **2. SIZE**

- ★ Foods that are too large for the Food Chute must be cut to fit. Try to buy foods that fit the Chute whole **(O)**.
- ★ Cut long foods into 5" lengths for slicing or shredding.





### 3. QUALITY

★ Fresh, crisp or firm fruits and vegetables process best. That doesn't mean you can't use up an old carrot or limp piece of celery, but you should not expect the same results as with fresh produce.

#### FOLLOW THESE HELPFUL HINTS

#### 1. LOADING OF FOOD CHUTE

★ When processing long narrow foods, pack Chute so food will stand upright, by alternating thick and thin ends (**P**).

★ To process a single food, position it on the left side of the Chute (OFF Button side). Hold it in place with the Pusher. The clockwise rotation of the Disc pushes the food against the left wall of the Chute, which helps to hold food upright.

★ For **long shreds or slices**, arrange 2 1/2 inch food pieces horizontally in the Chute. These are attractive in salads, Oriental dishes and vegetable dips (**Q**).

★ For foods that don't seem to fit the Chute, try loading Chute from the bottom when slicing. Bottom of Chute is slightly larger than the top, so food which won't fit the top may fit the bottom. For neater slices, cut a small slice off one end of food so it rests flat on Disc.

★ Place small foods, or short pieces, which will stand upright, directly on the Disc to simplify arrangement. Then carefully position Food Chute over them and slice.

#### 2. USING THE FOOD PUSHER

★ Position food in the Chute and hold Food Pusher over the food before turning Processor on.

★ The amount of pressure you should apply on the Pusher varies depending on the firmness of the food you are slicing or shredding and the results desired. For most foods, steady, even pressure is needed. Press down lightly on food with Food Pusher. Let the Food Processor do the work. **HEAVY PRESSURE WILL NOT SPEED UP processing.**

★ Use firm pressure on the Food Pusher for hard foods, such as lemons. Always be sure to position the Pusher before starting to process.

★ Light pressure should be used for soft foods, such as strawberries. Cucumbers and potatoes will self-feed without pressure for thinner, but slightly irregular pieces.

★ With some foods, such as hard or medium-hard cheeses, use a press down, then release motion with the Food Pusher instead of constant pressure.

★ To slice partially frozen meat, use firm pressure on Pusher. Result is thinly sliced meat for casseroles and stir-fries.

## TRY THESE SPECIAL TECHNIQUES

### 1. TO SLICE UNCOOKED MEAT

★ Spread boned meat on cookie sheet and place in freezer until partially frozen (firm, but not solid).

★ When using thick pieces of beef or pork, cut to fit Food Chute.

★ When using thin flat pieces of chicken, roll up to size of Food Chute before freezing.

★ Position Disc in Bowl with Slicing Side Up. Insert meat through bottom of Chute. Pack firmly for best results. Slice using firm pressure.

### 2. TO JULIENNE OR MATCHSTICK SLICE

#### Potatoes, Cucumbers, Eggplant

★ Slice vegetables using firm pressure. TURN UNIT OFF. Remove slices from Bowl. Reposition Disc with Slicing Side Up.

★ Hold Cover sideways with Food Pusher inserted part way to act as a stopper **(R)**.

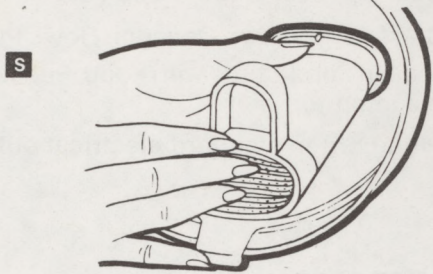
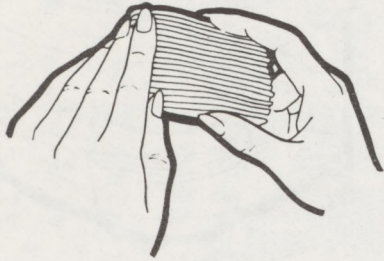
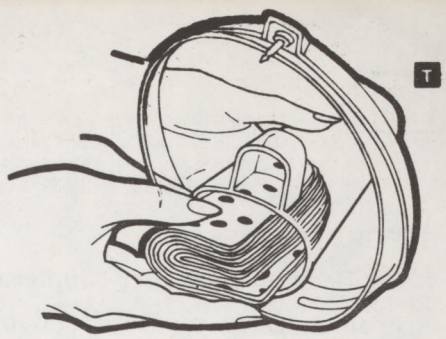
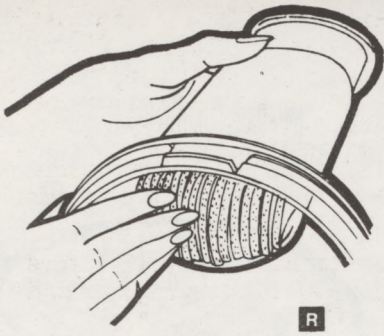
★ Stack enough slices together so you can wedge slices tightly into bottom of Chute with cut surfaces side to side across the bottom of the Chute **(R)**.

★ Carefully place Cover on Bowl holding slices in position. TURN UNIT ON again to slice. Repeat procedure with remaining slices.

#### Carrots

★ Slice large, fat carrots horizontally for long slices. TURN UNIT OFF. Stack slices and wedge in bottom of Chute horizontally **(S)**. Reposition disc with Slicing Side Up. Carefully position Cover on Bowl. TURN UNIT ON to slice again. Repeat with remaining slices.





### Packaged Meats, Cross-Cut

- ★ Position Discs in Bowl with Slicing Side Up.
- ★ Stack several slices of boiled ham, bologna, soft (not hard) salami or other lunch meat. (An 8 oz. package works best.) Roll up or fold over stack.
- ★ Wedge roll up the bottom of Food Chute (**T**). Place Cover on Bowl and slice meat. Use in chef salad, sandwich spreads or soups.

### 3. TO FRENCH CUT SNAP BEANS

- ★ Trim off ends and cut beans in 2 1/2 inch lengths.
- ★ Beans may be blanched five minutes before slicing, then briefly cooked before serving.
- ★ Position Disc in Bowl with Slicing Side Up. Stack beans horizontally in Food Chute, using a spatula to help arrange them. Slice using light pressure.

### 4. TO CRUMB

#### Fresh Bread, Finely

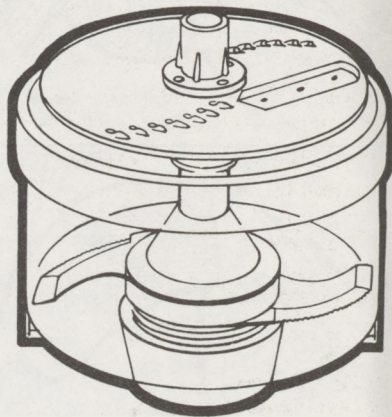
- ★ Position Disc in Bowl with Shredding Side Up.
- ★ Fold 1 or 2 slices of fresh bread in half and place in Food Chute.
- ★ Using light pressure on Food Pusher, shred.

### **3** HOW TO. . . **USE KNIFE BLADE AND DISC, SHREDDING SIDE UP, TOGETHER TO GRATE, FINE CRUMB**

**U**

#### **BEFORE PROCESSING**

1. Set Base on clean, dry counter or table.
2. Position Bowl on Base and position Knife Blade. Position Disc, Shredding Side Up, over Knife Blade **(U)**.
3. Correctly position Cover on Bowl. Place food in Food Chute with Food Pusher in place on top of it.
4. Plug cord in standard electrical outlet.



#### **TO PROCESS**

1. Process using the PULSE ON or ON/OFF Control Button.

#### **AFTER PROCESSING**

1. After processing food, shut off Food Processor and allow Knife Blade and Disc to stop rotating before pressing Cover Release Knob. Then remove Cover.
2. Remove Bowl from Motor Base. **ALWAYS REMOVE DISC AND KNIFE BLADE FROM BOWL BEFORE EMPTYING PROCESSED FOOD FROM BOWL. GRASP DISC AND KNIFE BLADE FROM CENTER HUB.**

#### **FOLLOW THESE SIMPLE STEPS**

##### **1. TO GRATE Parmesan or Romano Cheese**

- ★ Position Knife Blade in Bowl with Disc above it, Shredding Side Up.
- ★ Cut room temperature cheese to fit Food Chute. If you can't insert a knife point in cheese, it's too hard to process.
- ★ Place cheese in Chute. Use only light pressure with the Food Pusher.
- ★ Process to desired fineness.

##### **2. TO FINE CRUMB Dry Bread, Crackers, Cookies**

- ★ Position Knife Blade in Bowl with Disc above it, Shredding Side Up.
- ★ Pack food in Chute.
- ★ Using light pressure, process to desired fineness.



## CLEANING AFTER USE

1. Always unplug from electrical outlet before cleaning.
2. Whenever possible, rinse off parts immediately to make clean-up easier.
3. Wipe Base with damp cloth when necessary. Remove stubborn spots by rubbing with damp cloth and mild, non-abrasive cleanser. Dry with clean soft cloth. **DO NOT IMMERSE MOTOR BASE IN ANY LIQUID.**
4. The Bowl should be taken apart for thorough cleaning after use at the end of each meal preparation session. See "Taking FOOD PROCESSOR Apart" section.

**NOTE:** Sometimes the Screw-On Ring may become overly tightened and will not readily twist off the Food Processor. If this happens, position the Screw-On Ring portion under hot running water for 15-20 seconds. Then wrap a dishtowel around Screw-On Ring and turn counterclockwise (←) to loosen. Repeat if necessary.

5. Except for the Center Post, rubber ring, and, of course, the Base, all remaining FOOD PROCESSOR parts may be washed in a dishwasher.

★ The Food Pusher and Screw-On Ring should be placed on the dishwasher rack that is furthest away from heating element. Position these parts carefully, making sure they will not fall through the rack during washing.

★ The Knife Blade and Reversible Disc should also be placed on the upper rack of the dishwasher - not in or near the silverware basket since someone could accidentally cut their hand when removing silverware.

6. ALL FOOD PROCESSOR parts - except Base - may be washed by hand using hot, sudsy water. If necessary, use a nylon bristle brush when hand washing to clean all parts of Bowl and Food Chute.

7. The Center Post and rubber ring **must** be washed by hand in hot, sudsy water - **never in the dishwasher** since the high dishwasher heat could damage these parts.

8. Use a nylon bristle brush to prevent cutting yourself when washing the Knife Blade and Reversible Disc by hand. Rinse and dry these parts carefully.

9. For proper care of FOOD PROCESSOR

- a. DO NOT use rough scouring pads or cleansers on any plastic or metal parts.

- b. DO NOT fill Bowl with boiling water or put any of the parts in boiling water.

- c. DO NOT allow Knife Blade or Disc to soak in water for long periods of time.

- d. DO NOT attempt to sharpen cutting edges - it is not necessary.

10. Other than cleaning steps listed in this book, no additional home maintenance is required. Repairs must be handled by an authorized service facility.

## TO STORE

Think of your Food Processor as a countertop appliance. Keep it handy, ready for use. After cleaning, put it back together with the Knife Blade and Reversible Disc in the Bowl.

### Remember to:

- ★ Remove cord from outlet when not in use.
- ★ Coil cord in large loops or wrap around Base.

## COOKBOOK OFFER

For expanded, step-by-step hints, tips and recipes for using the G.E. Food Processor, you may want to order a copy of our cookbook, **Cooking with a Food Processor**. It contains over 200 easy-to-read, tested recipes and over 350 color photographs.























To purchase this cookbook, use the enclosed return mailer or write to:


















**General Electric Company  
Housewares Product Service  
P.O. Box 861  
Bridgeport, CT 06602**

Enclose a check or money order payable to the General Electric Company. Include \$7.95 for each copy of the cookbook, plus \$ .75 for postage or handling, and, where applicable, state and local tax. Allow 2-4 weeks for delivery.





































# DAILY USE CHART

FOOD	PROCESS/ ATTACHMENT	SEE "HOW TO" SECTION	SPECIAL INSTRUCTIONS
Apples	Chopped 	1	Peel if desired. Quarter core. Add up to one cup at a time.
	Sliced 	2	Stack quarters horizontally. Use firm pressure.
Artichokes, Jerusalem	Sliced 	2	Peel before slicing. Use whole if small or cut to fit chute.
Asparagus, fresh	Sliced 	2	Cut crosswise in thirds. Place upright in chute. Use firm pressure.
Avocado	Sliced 	2	Pit; quarter; core. Arrange quarters back to back in chute, alternating thick and thin ends. Use firm pressure.
Baby Food	Pureed 	1	Results are best for toddlers or juniors.
Bananas	Mashed 	1	Use ripe fruit. Peel; cut in 1 inch pieces. Process up to 3 bananas at a time.
	Sliced 	2	Peel, cut in half. Place with cut side against Disc. Use light pressure.
Beans, Snap	French Cut 	2	
Beets	Sliced 	2	Cook whole with 2" top and root left on. Cool; trim; remove skins. Cut to fit Chute.
Bread Dry	Fine Crumbed  	3	A good way to use up stale bread. Store crumbs in refrigerator.
Fresh	Coarsely Crumbed 	1	Process up to 4 slices at a time.
Cabbage	Chopped 	1	Core; cut in 1" pieces. Add up to 2 handfuls at a time.
	Shredded, 	2	Cut in pieces to fit chute. Use light pressure. Use coarse shreds for cole slaw, soups.
	Coarse Fine 		
Carrots	Chopped 	1	Peel; cut in 1" lengths. Add up to 2 cups at a time.
	Sliced Round 	2	For best results, slice more than one stalk at a time.
	Long Sliced		
	Julienne Sliced		
	Shredded, Short 	2	Position standing up in Chute.
	Shredded, Long 	2	Arrange 2 1/2" lengths sideways in Chute.
Cauliflower	Sliced 	2	Divide into flowerets. Arrange in Chute alternating heads and stems. Wedge large pieces up into bottom of Chute. Use crumbled pieces in soups and salads.
Celery	Sliced 	2	Remove strings. For best results, slice more than 1 stalk at a time. If base of stalk is very wide, slit lengthwise 1 or 2 inches.




















FOOD	PROCESS/ ATTACHMENT	SEE "HOW TO" SECTION	SPECIAL INSTRUCTIONS
<b>Cheese</b>			
<i>Hard</i> Parmesan, Romano	Grated 	3	If knife pointed can't be inserted easily it's too hard to process. Bring to room temperature.
<i>Medium Hard</i> Cheddar, Swiss	Shredded 	2	Process at refrigerator temperature.
<i>Soft</i> Feta, Mozzarella, Blue Cheese	Crumbled 	1	Break chilled cheese in 1" pieces. With Processor running, drop up to five pieces down Chute. Process about 5 seconds.
<b>Coconut, fresh</b>	Shredded 	2	Remove brown husk. Cut meat to fit Chute.
	Grated 	3	Prepare as above.
<b>Chocolate</b>	Grated 	1	Chill well. Process 1 cup at a time, 10-20 seconds.
<b>Cookies, Crackers</b>	Crumbled 	3	Break up to fit Chute.
<b>Cranberries</b>	Chopped 	1	Add up to 1 cup.
<b>Cream, whipping or heavy</b>	Thickened 	1	Add 1 cup to bowl. Process until thickened. Check after 20 seconds. Sweeten with 1-2 tablespoons confectioners' sugar.
<b>Cucumbers</b>	Chopped 	1	Peel, if desired. Halve lengthwise. Scoop out seeds if tough. Cut in 1" pieces. Add up to 2 cups at a time.
	Sliced Julienne Sliced 	2	Prepare as above, cutting to fit Chute lengthwise.
	Shredded 	2	Prepare as above, cutting to fit Chute lengthwise. Use in relishes, salads and fish sauces.
<b>Eggplant</b>	Sliced 	2	Peel if desired; quarter or cut to fit Chute. Slice using firm pressure.
	Julienne, Sliced 	2	To fry after slicing, salt and let stand in colander to drain off excess moisture.
<b>Eggs, hard cooked</b>	Chopped 	1	Peel; dry; halve; add up to 6 eggs at a time.
<b>Fish, boned, raw</b>	Chopped 	1	Add up to 2 cups at a time.
<b>Fruit, candied, dried</b>	Chopped 	1	Add up to 2 cups, pitted. Add 1/2 cup flour per cup of fruit. Remember to subtract the flour used in processing fruit from amount called for in recipe.















FOOD	PROCESS/ ATTACHMENT	SEE "HOW TO" SECTION	SPECIAL INSTRUCTIONS
Garlic, Gingerroot Horseradish Jicama	Minced 	1	
	Grated  	3	
	Sliced  	2	
	Shredded 	2	Prepare as for potatoes.
Lemons	Sliced, whole 	2	Choose a lemon to fit Chute. Slice the top off. Place in Chute with cut end on Disc. Slice using firm pressure.
Lettuce	Sliced into strips 	2	DO NOT USE SHREDDING SIDE OF DISC. Cut wedges to fit Chute.
Limes	Sliced 	2	Prepare as for lemons.
Meat			
Boneless, Uncooked pork, beef, chicken	Sliced 	2	Slice meat partially frozen. If meat is too solid, it can damage Processor.
	Chopped 	1	Cut in 1" cubes. Add up to 1 cup of cubes at a time.
Boneless, Cooked, ham, lamb, beef, pork, veal	Chopped 	1	Cut in 1" cubes. Add up to 2 cups at a time. Chop coarsely for salads, finely for spreads.
Packaged meat	Cross-Cut 	2	Use in salads or soups.
Melon	Sliced 	2	Halve and remove seeds. Cut to fit Chute. Slice using moderate pressure.
Mushrooms	Chopped  	3	Wash; keep stems on. Use Knife Blade and Disc together. Place 5-6 mushrooms in Chute. Pulse until chopped to desired texture.
	Sliced 	2	Cut a thin slice off one side of 2 mushrooms. Place cut sides directly on Discs in the area beneath the Food Chute; then cover. Stack remaining mushrooms sideways in Chute. Slice, using firm pressure alternating stems and caps.
Nuts			
Hard Almonds, Peanuts	Ground 	1	Use Knife Blade. Use well dried Bowl. Add up to 2 cups at a time. For best results, process frozen.
	Very Finely Ground 	1	Use Knife Blade. Add 1/4 cup flour for 1 cup nuts. Subtract flour used in processing from recipe.
Soft Walnuts, Pecans, Brazil	Chopped, Coarsely 	2	Use Slicing Disc. Fill Chute with nuts. Use moderate pressure.
	Chopped, Finely 	1	Use Knife Blade. Add up to 1 cup at a time.

FOOD	PROCESS/ ATTACHMENT	SEE "HOW TO" SECTION	SPECIAL INSTRUCTIONS
Okra	Sliced 	2	Remove ends and cut in half crosswise. Place upright in Chute, alternating thick and thin ends. Use in Gumbos or other Creole dishes.
Olives	Chopped 	1	Add up to 1 cup pitted or stuffed.
	Sliced 	2	Arrange pitted or stuffed olives, open end down on Disc, in area beneath the Food Chute; then cover. Slice, using moderate pressure.
Onions White	Chopped 	1	Peel and quarter. Cut large ones in eights. Add up to two medium at a time. Pulse desired size.
	Sliced 	2	Peel, slice off ends. Use small ones whole for rings. Position on Disc with root side down. For large onions, cut in half from root to stem and wedge upright in Chute. Slice using firm pressure.
Green Onions Scallions	Chopped 	1	Remove roots and all but 3 inches of green tops. Cut onions in 1" pieces. Add up to 2 cups at a time to Bowl. Chopped pieces may be slightly longer than hand-chopped results.
	Sliced 	2	Remove roots and soft parts of tops. Place onions upright in Chute. Pack tightly.
Oranges	Sliced 	2	Cut a slice off one end of orange. If orange is too large to fit Chute, halve lengthwise by cutting straight down through stem. Insert orange through bottom of Chute with sliced off end down. Slice using firm pressure.
Parsley	Chopped 	1	Wash and dry thoroughly. Chopped parsley can be stored, covered, in the refrigerator at least a week.
Parsnips	Sliced 	2	Halve crosswise, place upright in Chute with cut side on Disc.
	Shredded 	2	
Peaches	Sliced 	2	Peel; halve and pit firm, ripe peaches. Position 2 halves in Chute. Slice using firm pressure. Sprinkle with lemon juice to prevent browning.
Pears	Sliced 	2	Quarter and core firm ripe pears. Arrange quarters in Chute back to back, alternating thick and thin ends. Sprinkle slices with lemon juice to prevent browning.



FOOD	PROCESS/ ATTACHMENT	SEE "HOW TO" SECTION	SPECIAL INSTRUCTIONS
<b>Pepperoni</b>	Sliced 	2	Cut into 3" lengths. Remove inedible casing. Wedge pieces upright in Food Chute. Slice, using firm pressure.
<b>Peppers</b> Sweet, Red or Green	Chopped 	1	Quarter, remove tops, seeds and pith. Cut quarters crosswise in thirds. Add up to 12 pieces at a time to Bowl. Pulse to desired size.
	Sliced 	2	Remove top from pepper. If pepper is small enough to fit Food Chute, remove seeds and pith from top. Leave pepper whole. Halve large peppers and remove insides. Fit pepper into bottom of Food Chute by gently squeezing pepper by the sides. Slice, using moderate pressure. Prepare as for cucumbers.
<b>Pickles</b>	Chopped 	1	
	Sliced 	2	
<b>Pineapples,</b> fresh	Sliced 	2	Remove top and cut into wedges to fit Chute. Trim off rind, eyes and core. Stand wedge upright in Chute. Slice, using firm pressure.
<b>Plantains</b>	Sliced 	2	Process as for bananas.
<b>Potatoes</b>	Chopped 	1	Peel if desired; quarter; cut each quarter in half crosswise. If very large cut quarters into thirds.
	Julienne or Matchstick Cut 	2	
	Shredded 	2	Place shreds in cold water to prevent darkening. Drain before cooking. Dry well for frying.
	Sliced 	2	Peel if desired. Use small potatoes for whole slices or cut larger ones to fit Chute.
<b>Pumpkin</b>	Mashed 	1	Peel; cut into 1" pieces. Simmer in salted water until tender. Drain well and process up to 3 cups at a time.
<b>Radishes</b>	Sliced 	2	Remove roots and tops. Add to Food Chute. Slice, using moderate pressure.
<b>Rhubarb</b>	Sliced 	2	Process as for celery.
<b>Rutabagas</b>	Sliced 	2	Process as for potatoes.
<b>Salami, Hard Sausage</b>	Sliced	2	Process as for pepperoni.
<b>Shallots</b>	Minced 	1	
<b>Sweet Potatoes</b>	Mashed 	2	Process as for pumpkin.
<b>Squash,</b> Butternut	Mashed 	2	Process as for pumpkin.
<b>Summer</b>	Sliced 	2	Process as for zucchini.

FOOD	PROCESS/ ATTACHMENT	SEE "HOW TO" SECTION	SPECIAL INSTRUCTIONS
Strawberries	Chopped 	1	Hull; halve if large. Add up to 2 cups at a time to Bowl. Pulse.
	Pureed 	1	Prepare as above. Process 10 seconds. Use in fruit topping or gelatin desserts.
	Sliced 	2	Hull. Arrange strawberries on their sides in Chute for lengthwise slices. Slice using very light pressure.
Tomatoes	Chopped 	1	Quarter, remove peel and seeds if desired. Add up to 8 quarters at a time to Bowl. Use in soup, sauces or casseroles.
	Sliced 	2	Select tomatoes small enough to fit Food Chute. Peel if desired; remove stem end. Insert tomato through bottom of Chute. For meatier slices, turn tomato on its side. Slice, using medium pressure.
Plum Tomatoes	Sliced  (excellent for slicing because they are small and meaty)	2	Peel if desired. Cut off stem end. Wedge tomato in Chute and cut side down on Disc. Slice, using medium pressure.
Turnips	Sliced 	2	Process as for potatoes.
Water Chestnuts	Sliced 	2	Process as for radishes.
	Chopped 	1	Process as for parsley.
Yams	Mashed 	1	Process as for pumpkin.
Zucchini	Sliced 	2	Process as for cucumbers.
	Shredded 	2	Slice off ends. Cut to fit horizontally in Food Chute. Salt shreds; toss; drain at least 10 minutes in colander. Squeeze out excess moisture. Zucchini shreds cook quickly in butter or oil.



# FOOD PROCESSOR RECIPE SUMMARY

## APPETIZERS

Cheddar Cheese Pennies  
Lo Cal Cheese Spread  
Party Cheese Spread  
Spicy Avocado Dip

## SOUPS

Heaty Soup Special  
Speedy Homemade Onion Soup

## MAIN DISHES

Chicken Oriental  
Low Budget Tuna Supper  
Beef-Zucchini Dinner  
Tasty Beef Stew  
Vegetable Fish Bake  
Quick And Easy Meatloaf  
Bacon 'N Cheese Pie  
Spicy Lamb Curry  
Easy-Slice Sukiyaki

## VEGETABLES

Cheesy Scalloped Potatoes  
Vegetable Saute  
Mushroom-Rice Pilaf  
Tomato-Zucchini Bake  
Sliced Carrots  
Potatoes Pancakes

## SALADS

Tomato-Mushroom Salad  
Chicken 'N Orange Toss  
Creamy Cucumber Salad  
Cheese 'N Ham Salad  
Short-Cut Waldorf Salad

## YEAST BREADS

Golden Rich Bread  
Cinnamon Pull Apart  
Whole Wheat Bread

## QUICK BREADS

Oatmeal Biscuits  
Tea Biscuits  
Garden Fresh Zucchini Bread

## SANDWICH SPREADS

Tuna-Egg  
Olive 'N Cream Cheese  
Ham Salad Spread  
Old Fashioned Peanut Butter

## ACCOMPANIMENTS

Down Home Relish  
Orange Marmalade  
Homemade Mayonnaise  
Homemade Butter  
Cucumber Sauce

## DESSERTS

Rocky Road Candy  
Butter Pie Crusts  
One Crust Standard Pie Crust  
Best Ever Pie Dough  
Pumpkin Pie  
Apple Crisp  
Honey Tea Cake  
Chewy Fruit Squares  
Cheesecake Bars  
Pecan Balls  
Nutty Half Moons

## APPETIZERS

### CHEDDAR CHEESE PENNIES

*1/2 lb. Cheddar cheese, cut in  
wedges  
1 cup flour*

*1/2 cup butter or margarine,  
softened  
1 teaspoon dry mustard*

Preheat oven to 400° F. Position Disc in Bowl, shredding side up, and shred cheese. Transfer cheese to mixing bowl. Position Knife Blade in Bowl and then add shredded cheese, flour, butter or margarine and dry mustard to Bowl. Process until mixture forms a ball - about 10 secs. Remove Knife Blade. Roll dough into 1" balls and place 2" apart on ungreased cookie sheets. Bake at 400° F. for 12-15 mins. Serve hot.

*MAKES 3 dozen 1" appetizers*

### LO CAL CHEESE SPREAD

*2 cups cottage cheese  
2 teaspoons instant beef  
bouillon*

*2 teaspoons dried minced  
onion  
2 teaspoons lemon juice*

Position Knife Blade in Bowl and add all ingredients. Process until smooth - about 1 min. Serve with raw vegetables or crackers.

*MAKES 2 cups spread*

### PARTY CHEESE SPREAD

*1 10 oz. pkg. sharp Cheddar  
cold pack cheese food, cut  
into 10 pieces*

*1/2 cup sour cream  
2 tablespoons sherry*

Position Knife Blade in Bowl and add all ingredients. Process until smooth - about 15 secs. Serve with assorted crackers and raw vegetables. Store leftover spread in refrigerator.

*MAKES 1 1/2 cups cheese spread*

### SPICY AVOCADO DIP

*2 large avocados  
1 medium onion  
5 slices bacon, cooked*

*2 tablespoons lemon juice  
1 teaspoon chili powder  
1/2 teaspoon garlic powder*

Halve, pit and peel avocados. Cut avocados and onion into 1" cubes. Position Knife Blade in Bowl and combine all ingredients.

Pulse 2-3 times to mix; then process for 1 min. Scrape down sides of bowl if necessary. Refrigerate until serving.

Serve chilled with Burrito chips or other favorite crackers.

*MAKES 2 cups dip*



# SOUPS

## HEARTY SOUP SPECIAL -a meal in itself-

- |  |   |
|--|---|
| 2 onions                                     | or 1 12 oz. can corn,<br>undrained                            |
| 3 stalks celery                              |   |
| 2 carrots, peeled                            | 1 10 oz. pkg. frozen pea pods,<br>string beans, or lima beans |
| 3 potatoes, peeled                           | 2 small zucchini or 1/2 lb.<br>fresh mushrooms, sliced        |
| 2 10 3/4 oz. cans condensed<br>chicken broth | 1/4-1/2 cup rice or pasta                                     |
| 1 bay leaf                                   | 1-2 cups leftover cooked meat<br>cubes (optional)             |
| 1 teaspoon thyme                             |   |
| 4 cups cooked, diced<br>chicken              |   |
| 1 20 oz. can chick-peas,<br>undrained,       |   |

Position Disc in Bowl, slicing side up. Slice onions, celery, carrots and potatoes. In 8 qt. saucepot, combine soup, onions, celery, carrots, potatoes, bay leaf and thyme. Add 2 cups water (or enough to cover vegetables). Simmer for 15 mins. Add remaining ingredients (including frozen vegetables) and simmer another 30 mins. Add additional water, if necessary. Stir occasionally.

**MAKES** 8-10 servings  
(about 5 qts.)

**NOTE:** Substitute ingredients of your choice for any of the vegetables in this recipe.

## SPEEDY HOMEMADE ONION SOUP

- |   |                         |
|---|-------------------------|
| 7 medium onions, halved                   | 3 whole peppercorns     |
| 4 tablespoons butter                      | 1/2 cup robust red wine |
| 3 10 1/2 oz. cans condensed<br>beef broth |                         |

Position Disc in Bowl, slicing side up, and slice onions. In 6qt. saucepan, melt butter. Add sliced onions and saute until soft. Add beef broth, 3 cups water and peppercorns. Bring to a boil; reduce heat; cover; simmer for 10 mins. Stir in wine and serve. If desired, top each serving with a piece of toasted French bread and sprinkle with grated Parmesan cheese.

**MAKES** 6 servings

## MAIN DISHES

### CHICKEN ORIENTAL

- |                                      |  |
|--------------------------------------|--|
| 4 medium onions                      | 1 10 1/2 oz. can condensed cream of chicken soup |
| 4 medium green peppers, halved       | 3/4 cup Sauterne or another dry white wine       |
| 2 tablespoons butter or margarine    | Salt and pepper to taste                         |
| 1 8 oz. can water chestnuts, drained | 1/2 teaspoon thyme leaves                        |
|                                      | 5 cups diced cooked chicken                      |

Position Disc in Bowl, slicing side up. Slice onions and peppers. In large skillet, melt butter. Saute onions and peppers until soft.

Using slicing side of Disc, slice water chestnuts; set aside. Add soup, wine, and seasonings to onions and peppers; stir together and continue heating until mixture is smooth. Stir in chicken and water chestnuts. Cover and simmer for 15 mins. Add additional chicken broth or water if necessary. Serve over rice.

**MAKES 6-8 servings**

### LOW BUDGET TUNA SUPPER

- |  |  |
|--|--|
| 3 slices bread, white or whole wheat, torn in half | 1 10 3/4 oz. can condensed chicken broth       |
| 1/4 cup butter or margarine, divided               | 2 6 1/2 or 7 oz. cans tuna, drained and flaked |
| 1/2 lb. Cheddar cheese                             | 1 16 oz. can Chinese vegetables, drained       |
| 2 tablespoons flour                                |  |

Position Disc in Bowl, shredding side up. Fill Food Chute with halved bread slices and shred. In large skillet, melt 2 tablespoons butter or margarine. Add shredded bread and saute until golden brown. Transfer to mixing bowl. Shred cheese; set aside. using same skillet, melt remaining butter or margarine over low heat and blend in flour. Add chicken broth all at once; cook, stirring constantly, until thick and smooth. Add tuna, Chinese vegetables, and shredded cheese. Simmer until cheese melts and mixture is thoroughly heated - about 10 mins. Sprinkle top with sauteed bread crumbs and serve.

**MAKES 4 servings**

### BEEF-ZUCCHINI DINNER

- |  |                             |
|--|-----------------------------|
| 1 medium onion   | 1 teaspoon salt             |
| 2 tablespoons butter or margarine                              | 1/2 teaspoon pepper         |
| 1 lb. lean ground beef*  | 2 medium zucchini           |
| 1 11 oz. can condensed cream of tomato soup with tomato pieces | 1 large tomato, cut in half |

Position Disc in Bowl, shredding side up, and shred onion. In 10" skillet, melt butter. Add onion and saute until soft. Add ground beef and cook



until meat is browned. Stir occasionally and break up large pieces. Drain off fat, if necessary. Stir in soup, 1/4 cup water, salt and pepper.

Turn Disc and with slicing side up, slice zucchini and tomato. Stir slices into meat mixture. Cover and simmer for 30 mins.

*MAKES 4 servings*

\* Make your own ground beef from beef cubes, if desired. Use the Knife Blade. See instructions under "Daily Use Chart".

### **TASTY BEEF STEW**

<i>2 tablespoons vegetable oil</i>	<i>1/2 teaspoon pepper</i>
<i>4 lbs. beef stew meat, cut in 1" cubes</i>	<i>1/2 teaspoon ground sage</i>
<i>1 10 1/2 oz. can condensed onion soup</i>	<i>6 medium carrots</i>
<i>1 cup water</i>	<i>5 medium potatoes, cut to fit Food Chute</i>
<i>1 teaspoon salt</i>	<i>3 medium onions, halved</i>

In 8 qt. heavy pot, heat oil over medium high heat. Brown meat on all sides, about 12 pieces at a time. (Meat browns better if pieces aren't touching.) Set aside and brown remaining pieces. Reduce heat to simmer. Return meat to skillet and stir in soup, water and seasonings. Cover and simmer for 1 1/2 hrs., stirring occasionally. Position Disc in Bowl with slicing side up. Slice vegetables. As vegetables reach Fill Level, empty Bowl into pot. Cover; simmer, stirring occasionally, until meat is tender and vegetables are done, about 40 - 45 mins.

*MAKES 8 (1 1/2 cup) servings*

### **VEGETABLE FISH BAKE**

<i>3 medium onions</i>	<i>4 large mushrooms</i>
<i>2 tablespoons butter</i>	<i>1 green pepper, halved</i>
<i>1 lb. fillet of sole, thawed and drained</i>	<i>2 whole pimentos</i>
<i>Salt and pepper</i>	<i>1/4 cup dry white wine</i>
	<i>1 tablespoon lemon juice</i>

Preheat oven to 350° F. Position Disc in Bowl, slicing side up, and slice onions. Arrange in bottom of greased 9" square baking dish. Dot with butter. Season both sides of sole with salt and pepper. Arrange on top of onions.

Slice mushrooms, green pepper and pimentos. Spread evenly over sole. Combine wine and lemon juice. Pour over vegetables. Bake at 350° F. for 25-30 mins. or until sole flakes when tested with a fork.

*MAKES 6 servings*

## QUICK AND EASY MEAT LOAF

- |  |                     |
|--|---------------------|
| 3 slices whole wheat bread                 | 1 teaspoon salt     |
| 1 small green pepper, cut<br>into 8 pieces | 1/2 teaspoon pepper |
| 1 medium onion, quartered                  | 1 egg               |
| 1 1/2 lbs. ground beef*                    | 1/4 cup milk        |

Preheat oven to 350° F. Tear each bread slice into 6 pieces. With Knife Blade in place, add bread to Bowl. Process until bread is crumbed - about 10 secs. Transfer to mixing bowl. Reposition Knife Blade; add green pepper and quartered onion to Bowl. Process until finely chopped - about 5 secs. Add to bread crumbs along with ground beef, salt and pepper. Using Knife Blade again, combine egg and milk in Bowl. Process about 5 secs. Add to meat mixture and blend ingredients thoroughly by hand. Shape meat into a 9" x 4" loaf and place in shallow baking pan. Bake at 350° F. for 1 hr.

*MAKES 6 servings*

\* Make your own ground beef from beef cubes, if desired. Use the Knife Blade. See instructions under "Daily Use Chart".

## BACON 'N CHEESE PIE (Quiche Lorraine Variation)

- |                                    |                     |
|------------------------------------|---------------------|
| 1 unbaked 9" pie crust,<br>chilled | 1 3/4 cups milk     |
| 1/2 lb. Swiss cheese               | 1 teaspoon chives   |
| 8 slices bacon, cooked             | 1/2 teaspoon salt   |
| 4 eggs                             | 1/4 teaspoon pepper |
|                                    | Nutmeg              |

Preheat oven to 400° F. Place a piece of aluminum foil over pie crust in pan and fill with dry beans to weigh down pastry and prevent it from puffing as it bakes. Bake at 400° F. for 20 mins. Remove foil and beans.

Position Disc, shredding side up, in Bowl; shred cheese. Transfer to mixing bowl. Position Knife Blade in Bowl and add bacon and eggs. Process until bacon is chopped - about 10 secs. Pour over cheese. Add milk, chives, salt and pepper to cheese mixture. Stir to blend thoroughly. Pour over hot, partially baked pie crust. Sprinkle surface with nutmeg. Return to oven and bake at 400° F. for 30-35 mins. or until knife inserted in center comes out clean. Let cool 10 mins. before serving.

*MAKES 1 9" pie*



## SPICY LAMB CURRY

- |                                       |                            |
|---------------------------------------|----------------------------|
| 2 tablespoons vegetable oil           | 1 1/2 cups water           |
| 1 1/2 lbs. lean lamb, cut in 1" cubes | 1 1 lb. can whole tomatoes |
| 2 medium onions, quartered            | 2 teaspoons salt           |
| 1 apple, peeled, halved, cored        | 1-2 teaspoons curry powder |
|                                       | 1 teaspoon sugar           |
|                                       | 1/4 teaspoon pepper        |

Add oil to 12" or electrical skillet and brown meat well on all sides. Position Disc in Bowl with slicing side up; slice onions and apple. Add to meat. Add remaining ingredients to meat. Break tomatoes up slightly with spoon. Cover; simmer until meat is tender; about 1 1/2 - 2 hrs. Stir occasionally. Add more water if necessary. Uncover and simmer until liquid sauce thickens slightly. Serve over rice with chutney and curry condiments, if desired.

**MAKES 4 (3/4 cup) servings**

**NOTE:** Chutney is the most popular condiment and traditionally served with curry dishes. To prepare other condiments use the Food Processor (when necessary) to chop or shred small amounts of the following: grated coconut, chopped hard-cooked eggs, crisp bacon bits, chopped salted peanuts, raisins, currant jelly, chopped red onion, crushed pineapple.

## EASY-SLICE SUKIYAKI

- |  |   |
|--|---|
| 1 1/2 lbs. sirloin, partially frozen*                | 1/2 head Chinese cabbage, cut to fit Food Chute |
| 1 8 oz. can water chestnuts, drained                 | 1 teaspoon instant beef bouillon granules       |
| 4 ozs. fresh mushrooms                               | 1/3 cup hot water                               |
| 2 medium stalks celery, each cut crosswise in thirds | 1/4 cup soy sauce                               |
| 1 medium onion, quartered                            | 1 tablespoon sugar                              |
|  | 2 tablespoons vegetable oil                     |

Position Disc in Bowl with slicing side up; slice meat and set aside. Position Disc in Bowl with slicing side up. Slice each vegetable separately and arrange on tray. Cover and refrigerate until serving time. In 2-cup measure, combine beef granules and water; add soy sauce and sugar. Stir together and set aside. At serving time, in 12" or electric skillet, heat oil over high heat. Quickly sear beef on both sides. Add soy mixture and push beef to one side of skillet. Keeping them separate, add water chestnuts, mushrooms, celery and onion. Cook until almost tender, 4-5 mins. Push to side. Add cabbage and cook until heated through, 2-3 mins. Do not overcook. Serve with rice, if desired.

**MAKES 6 (1 cup) servings**

\* To freeze meat for slicing, spread boned meat on cookie sheet and place in freezer until partially frozen, firm but not solid. Too solid meat can damage the Processor. Cut meat to fit chute and slice using firm pressure.

## VEGETABLES

### CHEESY SCALLOPED POTATOES

- |                                    |                              |
|------------------------------------|------------------------------|
| <i>1/2 lb. Cheddar cheese</i>      | <i>1 teaspoon salt</i>       |
| <i>1/4 cup butter or margarine</i> | <i>1/2 teaspoon pepper</i>   |
| <i>4 tablespoons flour</i>         | <i>5 medium potatoes*</i>    |
| <i>2 cups milk</i>                 | <i>2 small yellow onions</i> |

Preheat oven to 350° F. Position Disc in Bowl, shredding side up. Shred cheese; set aside.

In 2 qt. saucepan, melt butter over low heat. Blend in flour. Add milk all at once; cook, stirring constantly, until slightly thickened. Add shredded cheese, salt and pepper. Continue cooking and stirring until cheese melts. Remove from heat. Spread one-half cheese sauce in bottom of shallow 2 1/2 qt. baking dish.

Turn Disc and with slicing side up, slice potatoes and onions. (Cut vegetables to fit Food Chute, if necessary.) Arrange potato and onion slices over cheese sauce layer. Top with remaining cheese sauce, spreading evenly. Bake at 350° F. for 1 hr. or until potatoes are done.

*MAKES 6-8 servings*

\* Peel potatoes only if desired - they look fine with the skins left on.

### VEGETABLE SAUTE

- |  |  |
|--|--|
| <i>2 medium onions, sliced and halved</i>                  | <i>3 medium tomatoes, cored and halved</i> |
| <i>2 tablespoons olive oil</i>                             | <i>1 teaspoon salt</i>                     |
| <i>1 small eggplant, unpeeled, cut in long thin strips</i> | <i>1 teaspoon tarragon</i>                 |
|  | <i>2-3 dashes hot pepper sauce</i>         |

Position Disc in Bowl, slicing side up. Slice onions. In 10" skillet, heat olive oil over moderate heat. Saute onions until soft. Slice eggplant and tomatoes with slicing side of Disc. Add sliced vegetables and their juices, along with salt, tarragon and hot pepper sauce to onions. Mix slightly. Add **no** water. Cover and simmer for 1 hr., stirring occasionally.

*MAKES 4-6 servings*

### MUSHROOM-RICE PILAF

- |  |  |
|--|--|
| <i>1/2 lb. fresh mushrooms (6 or 7 large ones)</i> | <i>2 chicken bouillon cubes, crushed</i> |
| <i>1 medium onion</i>                              | <i>1 teaspoon salt</i>                   |
| <i>4 tablespoons butter</i>                        | <i>1 bay leaf</i>                        |
| <i>2 cups quick cooking rice</i>                   | <i>1/2 teaspoon pepper</i>               |

Position Disc in Bowl, slicing side up. Slice mushrooms and onion. Melt butter in large skillet. Saute mushrooms and onion until soft. Add rice, crumbed bouillon cubes, salt, bay leaf, pepper along with 1 2/3 cups water. Bring to a vigorous boil. Cover; reduce heat and simmer until water is absorbed and rice is tender - about 5-10 mins.

*MAKES 6 servings*



## **TOMATO-ZUCCHINI BAKE**

- |                                |                                 |
|--------------------------------|---------------------------------|
| <i>4 small zucchini</i>        | <i>Basil leaves (optional)</i>  |
| <i>4 tomatoes, halved</i>      | <i>6 slices American cheese</i> |
| <i>2 green peppers, halved</i> | <i>2 tablespoons butter</i>     |

Preheat oven to 350° F. Position Disc in Bowl, slicing side up, and slice vegetables. Spread half of the sliced vegetables into 2 qt. baking dish. Sprinkle with 1/2 teaspoon basil leaves. Cover with 3 slices cheese. Add remaining vegetables. Sprinkle with 1/2 teaspoon basil leaves and cover with remaining cheese. Dot surface with butter. Cover and bake at 350° F. for 45 mins. or until zucchini is tender.

*MAKES 8 servings*

## **SLICED CARROTS**

- |                         |                               |
|-------------------------|-------------------------------|
| <i>8 medium carrots</i> | <i>2 tablespoons butter</i>   |
| <i>1 teaspoon salt</i>  | <i>1/2 teaspoon dill weed</i> |
| <i>1/4 cup milk</i>     | <i>1/4 teaspoon nutmeg</i>    |

Trim and peel carrots. Position Disc in Bowl, slicing side up, and slice carrots. Add 3/4 cup water and 1 teaspoon salt to 2 qt. saucepan. Bring to a boil. Add carrots; cover and simmer until carrots are tender - about 15-20 mins. Drain. Quickly stir in milk, butter, dill weed and nutmeg. Serve immediately while hot.

*MAKES 4 servings*

## **POTATO PANCAKES**

- |   |                               |
|---|-------------------------------|
| <i>3 eggs</i>   | <i>1 teaspoon lemon juice</i> |
| <i>3 medium potatoes, un-peeled and cut into 1" cubes</i> | <i>1 teaspoon salt</i>        |
| <i>1 medium onion, quartered</i>                          | <i>1/2 teaspoon pepper</i>    |
| <i>2 tablespoons flour</i>                                | <i>Vegetable oil</i>          |

Position Knife Blade in Bowl. Add eggs and process 5 secs. Leave Knife Blade in Bowl. Position Disc above Knife Blade, shredding side up. Shred potatoes and continue to process until finely chopped. Remove Disc from Bowl. Add flour, lemon juice, salt and pepper; process 5 secs.

Using medium high setting, heat small amount of vegetable oil in 10" skillet. Spoon 2 heaping tablespoonfuls of potato mixture into skillet for each pancake. Brown on both sides until done. Serve topped with sour cream, if desired.

*MAKES 1 dozen pancakes*

# SALADS

## TOMATO-MUSHROOM SALAD

- |  |                          |
|--|--------------------------|
| 6 large mushrooms                      | 2 teaspoons lemon juice  |
| 4 medium tomatoes, cored<br>and halved | 1 teaspoon basil         |
| 2 tablespoons olive oil                | Salt and pepper to taste |

Position Disc in Bowl, slicing side up. Slice mushrooms and tomatoes. Transfer to salad bowl. Add olive oil, lemon juice, basil, and salt and pepper to taste. Toss and serve over lettuce leaves.

MAKES 6-8 servings

## CHICKEN 'N ORANGE TOSS (a perfect luncheon or light dinner dish)

- |  |  |
|--|--|
| 2 split chicken breasts,<br>boned and cooked<br>(4 pieces) | 2 medium stalks celery                             |
| 1 medium green pepper,<br>halved                           | 2 11 oz. cans mandarin orange<br>segments, drained |
| 1 medium onion   | 1/2 cup mayonnaise                                 |

Position Disc in Bowl, slicing side up. Cut celery into 5" lengths. Slice chicken (be sure it's well boned), pepper, onion and celery. Transfer to large serving bowl. Add mandarin orange segments and mayonnaise to chicken mixture. Toss well and serve over crisp lettuce leaves.

MAKES 4-6 servings

## CREAMY CUCUMBER SALAD

- |                      |                        |
|----------------------|------------------------|
| 2 small cucumbers    | 1/2 cup mayonnaise     |
| 2 medium red onions  | 1 teaspoon lemon juice |
| 1 tablespoon parsley | 1/2 teaspoon sugar     |

Position Disc in Bowl, slicing side up. Slice cucumbers, onions and parsley. Transfer to serving bowl. Add mayonnaise, lemon juice and sugar. Toss well.

MAKES 8-10 servings

## CHEESE 'N HAM SALAD -a Chef Salad Variation-

- |                               |                            |
|-------------------------------|----------------------------|
| 1 small onion                 | 1/4 lb. sliced boiled ham  |
| 1/4 lb. Swiss cheese, chilled | 1/2 head lettuce           |
| 2 hard-cooked eggs, chilled   | Salt, pepper and dill weed |

Position Disc in Bowl, shredding side up. Shred onion and Swiss cheese. Transfer to salad bowl. Turn Disc to slicing side and slice eggs. Roll up ham slices, jelly roll fashion. Place in Food Chute and slice. Cut lettuce in wedges; slice. Add egg, ham, and lettuce slices to salad bowl. Season with salt, pepper and dill weed. Add salad dressing of your choice. Toss well.

MAKES 2 servings



## SHORT CUT WALDORF SALAD

- |  |   |
|--|---|
| <i>1/2 cup walnuts</i>                             | <i>6 medium apples, cored and quartered</i> |
| <i>6 medium stalks celery, cut into 5" lengths</i> | <i>1/2 cup seedless raisins</i>             |
|  | <i>1/2-3/4 cup mayonnaise</i>               |

Position Disc in Bowl, slicing side up, and process walnuts; empty into mixing bowl. Reposition Disc, with slicing side up, and slice celery. Add sliced celery to nuts. Then slice apples. Add sliced apples to nuts along with raisins and mayonnaise. Blend well making sure apples are coated with mayonnaise. Serve on lettuce leaves.

**MAKES 8 servings**

## YEAST BREADS

### GOLDEN RICH BREAD

- |  |  |
|--|--|
| <i>3 cups all-purpose flour</i>                                    | <i>1 teaspoon salt</i>                                 |
| <i>1/4 cup instant nonfat dry milk solids (optional)</i>           | <i>1 package active dry yeast</i>                      |
| <i>3 tablespoons soft butter or margarine, divided in 4 pieces</i> | <i>1/4 cup lukewarm water (110° to 115° F.)</i>        |
| <i>2 tablespoons sugar</i>   | <i>1 egg, slightly beaten</i>                          |
|  | <i>1/2-3/4 cup lukewarm water (110° F. to 115° F.)</i> |

Position Knife Blade in Bowl; add flour, dry milk, butter, sugar and salt. Process to mix, 5 secs. Leave mixture in Bowl. In a small measuring cup, add yeast to water. Stir and allow to dissolve, about 10 mins. With Processor running, add yeast mixture through Food Chute, then egg. In a slow, steady stream, add just enough water to make dough form a loose ball. Stop Processor immediately. (All the water may not be needed; add only enough to form a soft dough.)

Turn dough out onto well-floured surface and toss or fold over 9-10 times by hand. Shape into ball. Place dough in greased bowl and rotate to grease surface. Cover; let rise in warm place until doubled in size, about 1 1/2 hrs. Turn dough out onto well-floured surface. Punch down and toss until no longer sticky. Form into smooth ball. On floured surface, cover with bowl and let rest 15 mins. To shape into loaf, roll dough out on lightly-floured surface to 14" x 7" rectangle. Roll up tightly starting with 7" end, sealing ends and bottom with heels of hands. Place, seam side down, in well-greased 9" x 5" loaf pan. Cover and let rise in warm place until dough has risen 1" over sides of pan, about 1 hr. Bake in preheated 375° F. oven until golden brown, about 35-40 mins. Remove from pan immediately.

**MAKES 1 (9" x 5") loaf**

### VARIATION: Dinner Rolls

After dough has risen once, divide dough into 18-24 pieces. Shape into balls. Place 2" apart on greased cookie sheets. Cover; let rise until doubled, about 1 hr. Bake in preheated 400° F. oven for 12-15 mins.

## CINNAMON PULL APARTS

- |                            |                             |
|----------------------------|-----------------------------|
| 1 recipe Golden Rich Bread | 1/2 cup coconut             |
|                            | 2 teaspoons cinnamon        |
| 3/4 cup brown sugar        | 1/4 cup butter or margarine |

Make 1 recipe Golden Rich Bread. After bread dough has risen once, divide into 24 pieces. Combine sugar, coconut and cinnamon. In 1 qt. saucepan melt butter. Coat dough pieces with butter, then roll in sugar mixture. Place coated dough pieces in well-greased 10" Bundt pan or tube pan (with solid bottom). Sprinkle any remaining sugar mixture over top. Cover; let rise again until doubled in size, about 1 1/2 hrs. Bake in preheated 350° F. oven for 25-30 mins.

*MAKES 1 (10") loaf*

## WHOLE WHEAT BREAD

- |                           |   |
|---------------------------|---|
| 2 cups all-purpose flour  | 1 1/2 teaspoons salt                          |
| 1 cup whole wheat flour   | 1 package active dry yeast                    |
| 2 tablespoons brown sugar | 1/4 cup lukewarm water<br>(110° to 115° F.)   |
| 2 tablespoons soft butter | 2/3-1 cup lukewarm water<br>(110° to 115° F.) |

Position Knife Blade in Bowl. Add white and whole wheat flour, brown sugar, butter and salt. Process until blended, about 5 secs. Leave mixture in Bowl. In a small measuring cup, add yeast to water. Stir and allow to dissolve, about 10 mins. With Processor running, add yeast mixture through Food Chute; then add enough water in slow steady stream to make the dough form a loose ball. Stop Processor immediately. (All the water may not be needed; add only enough to form a soft dough.)

Turn dough out onto well-floured surface and toss or fold over 9-10 times by hand. Shape into ball. Place dough in greased bowl and rotate to grease surface. Cover; let rise in warm place until doubled in size, about 1 1/2 hrs. Turn dough out onto well-floured surface. Punch down and toss until no longer sticky. Form into smooth ball. Cover with bowl and let rest 15 mins. Shape into loaf, as directed for Golden Rich Bread. Place in well-greased 9" x 5" pan. Cover and let rise until doubled in size, about 1 hr. Bake in preheated 375° F. oven for 35-40 mins. Turn out of pan immediately.

*MAKES 1 (9" x 5") loaf*



## QUICK BREADS

### OATMEAL BISCUITS

- |  |                          |
|--|--------------------------|
| 1 cup flour  | 1 cup quick cooking oats |
| 3 teaspoons baking powder                            | 1 egg, slightly-beaten   |
| 1/2 teaspoon salt                                    | 1/3 cup milk             |
| 3 tablespoons butter, chilled<br>and cut into thirds | 2 tablespoons honey      |

Preheat oven to 425° F. Position Knife Blade in Bowl. Add flour, baking powder, salt and butter. Process for 10 secs. Remove Cover and add oats, egg, milk, and honey. Process just until moistened - about 5 secs. Remove Knife Blade. (If any flour remains unblended, stir in with rubber spatula.) Drop by well-rounded tablespoons onto greased cookie sheet. Bake at 425° F. for 8 mins.

MAKES 14 2" biscuits

### TEA BISCUITS

- |                              |  |
|------------------------------|--|
| 2 1/4 cups all-purpose flour | 1/4 cup butter or margarine,<br>chilled and cut into<br>4 pieces |
| 1 tablespoon baking powder   | 1/2 cup milk   |
| 1 tablespoon sugar           | 1 egg  |
| 1/4 teaspoon salt            |  |

Preheat oven to 425° F. Position Knife Blade in Bowl. Add dry ingredients and butter. Process until butter is evenly cut into flour mixture - about 15 secs. Whisk milk and egg together. With Food Processor running, add milk mixture all at once through Food Chute. Continue processing until well blended - about 10 secs. (Dough may be slightly dry.) Remove Knife Blade and transfer dough to lightly-floured board. Pat dough into a 7" square and 1/2" thick. Cut into 12 portions. Place on greased cookie sheet. Bake at 425° F. for 15 mins. Serve hot with butter and jam.

MAKES 1 dozen biscuits

## GARDEN FRESH ZUCCHINI BREAD

- |  |                              |
|--|------------------------------|
| 1 cup walnuts                            | 1/2 teaspoon baking soda     |
| 1 medium zucchini, cut to fit Food Chute | 1/2 teaspoon cinnamon        |
| 1/2 cup vegetable oil                    | 1/2 teaspoon salt            |
| 1 cup sugar                              | 1/4 teaspoon baking powder   |
| 2 eggs                                   | 1 1/2 cups all-purpose flour |
| 2 teaspoons vanilla                      |                              |

Preheat oven to 350° F. Position Disc in Bowl with slicing side up. Slice walnuts. Set aside. Position Disc in Bowl with shredding side up. Shred zucchini. (You should have about 1 1/2 cups.) Set aside. Position Knife Blade in Bowl. Add oil, sugar, eggs, vanilla, baking soda, cinnamon, salt and baking powder. Process to mix, about 15 secs. Add flour to Bowl. Pulse 2-3 times to mix. Stop and scrape down sides of Bowl. Pulse 1-2 times more. Remove Knife Blade. Add nuts and zucchini; stir in by hand. Pour batter into greased and floured 9" x 5" loaf pan. Bake until loaf tests done, about 1 1/4 hrs.

*MAKES 1 (9" x 5") loaf*

## SANDWICH SPREADS

### TUNA-EGG SANDWICH SPREAD

- |  |                                      |
|--|--------------------------------------|
| 2 hard-cooked eggs, chilled              | 1 7 oz. can tuna, drained and flaked |
| 1/4 lb. Swiss or Cheddar cheese, chilled | 1/4 cup mayonnaise                   |
| 1 small onion                            | 6 hard rolls, split                  |
| 2 stalks celery, cut into 5" lengths     | Lettuce leaves                       |

Position Disc in Bowl, shredding side up. Shred eggs, cheese and onion. Transfer to mixing bowl. Turn Disc to slicing side; slice celery. Add celery, tuna, and mayonnaise to mixing bowl. Toss well. Spread mixture on bottom half of each roll. Cover with lettuce leaves and then with other half of roll.

*MAKES 6 sandwiches*

### OLIVE 'N CREAM CHEESE SPREAD

- |  |                   |
|--|-------------------|
| 1 8 oz. pkg. cream cheese, chilled and cut into 6 pieces | 10 stuffed olives |
|--|-------------------|

Position Knife Blade in Bowl and add cream cheese and olives. Process until blended - about 10 secs. Spread on dark bread or crackers. Refrigerate unused portion.

*MAKES 1 cup spread*



## HAM SALAD SPREAD

- |                                |                          |
|--------------------------------|--------------------------|
| 2 cups ham, cut in 1" cubes    | 1 dill pickle, quartered |
| 1 medium onion, quartered      | 1/4-1/2 cup mayonnaise   |
| 1 cup celery, cut in 1" pieces | 1/2 teaspoon pepper      |

Position Knife Blade in Bowl; add ham. Process until ground - about 10 secs. Transfer to mixing bowl. Reposition Knife Blade in Bowl. Add onion, celery, and pickle. Process until ground - about 10 secs. Add to ham along with mayonnaise and pepper. Mix together.

**MAKES 3 cups**

## OLD-FASHIONED PEANUT BUTTER

- 2 cups salted peanuts

Position Knife Blade in Bowl; add peanuts. (Do not use dry roasted peanuts.) Process until smooth, about 5-6 mins. For a chunky peanut butter, add 2 tablespoons peanuts after mixture is smooth; process a few secs. more. Store peanut butter in refrigerator.

**MAKES about 1 cup**

**NOTE:** Homemade peanut butter will be thin. It thickens slightly when refrigerated.

## ACCOMPANIMENTS

### DOWN HOME RELISH

- |  |                                 |
|--|---------------------------------|
| 12 large cucumbers, peeled,<br>cut in half lengthwise and<br>crosswise | 4 cups sugar                    |
| 12 medium yellow onions,<br>quartered                                  | 2-1/2 tablespoons celery seed   |
| 1 1/2 tablespoons salt   | 2 1/2 tablespoons mustard seed  |
| 1 1/2 qts. white vinegar   | 2 tablespoons ground<br>mustard |
|  | 1 tablespoon turmeric           |
|  | 4 tablespoons cornstarch        |

Scoop out cucumber seeds if they are tough. Position Disc in Bowl with shredding side up. Shred cucumbers. When shredded cucumbers reach Fill Level, empty into large mixing bowl. Position Knife Blade in Bowl. Add 2 quartered onions to Bowl. Pulse until onions are coarsely chopped. Empty chopped onions into mixing bowl with shredded cucumber. Chop remaining onions, 2 at a time. Stir salt into vegetables; let stand 1/2 hr. Drain

Drain well. Transfer to an 8-10 qt. heavy pot. Stir in vinegar, sugar, celery seed and mustard seed. Bring to a boil; simmer for 1/2 hr., stirring occasional. Stir in spices. In small dish, stir together cornstarch and 5-6 tablespoons liquid from relish until smooth. Add mixture to relish. Cook, stirring constantly, until slightly thickened. Pour into sterile jars and seal tightly.

**MAKES 7 pints**

## ORANGE MARMALADE

- |                                 |                                  |
|---------------------------------|----------------------------------|
| <i>3 medium oranges</i>         | <i>5 cups sugar</i>              |
| <i>3 medium lemons</i>          | <i>3 ozs. (1/2 6 oz. bottle)</i> |
| <i>1 1/2 cups water</i>         | <i>liquid fruit pectin</i>       |
| <i>1/4 teaspoon baking soda</i> |                                  |

Peel oranges and lemons, cutting off as little white membrane as possible. Position Knife Blade in Bowl; add half the peel. Process to chop, about 10 secs. Transfer to heavy 8 qt. pot. Repeat with remaining peel. Add water and baking soda to pot. Cover and simmer 20 mins. Remove and discard white membrane from peeled fruit. Quarter fruit and remove seeds. Position Knife Blade in Bowl; add 1 cup fruit. Process until chopped. Add to saucepan. Repeat with remaining fruit. Cover and simmer 10 mins. Strain fruit mixture, reserving juice. Measure 3 cups of fruit mixture into same 8 qt. pot. (Set fruit juice aside for use in fruit flavored gelatin salad or chill and drink.) Add sugar to pot. Over high heat, bring to a full rolling boil; boil hard for 1 min., stirring constantly. Remove from heat and stir in liquid pectin. Skim off foam with metal spoon. Stir and skim occasionally for 7 mins. (This helps to cool mixture and keep fruit from floating.) Pour into hot sterilized jars. Cover with 1/8" hot paraffin.

*MAKES 5 cups*

## HOMEMADE MAYONNAISE

- |                               |                                 |
|-------------------------------|---------------------------------|
| <i>1 egg</i>                  | <i>1/2 teaspoon dry mustard</i> |
| <i>1/3 cup vegetable oil</i>  | <i>1/2 teaspoon salt</i>        |
| <i>2 tablespoons vinegar*</i> | <i>2/3 cup vegetable oil</i>    |
| <i>1 teaspoon sugar</i>       |                                 |

Position Knife Blade in dry Bowl. (Recipe won't work unless Bowl is dry!) Add all ingredients and process 5 secs. Quickly add oil in a steady stream through Food Chute with Processor running. After all oil is added, process only until mixture is thick and smooth, about 10 secs.

*MAKES 1 1/4 cups*

\* Use a light vinegar such as white, or use lemon juice.

## HOMEMADE BUTTER

- |   |  |
|---|--|
| <i>1 cup well-chilled<br/>heavy cream, about a<br/>week old</i> | <i>2-3 drops yellow food coloring<br/>(optional, use for a deeper<br/>color)</i> |
|---|--|

Position Knife Blade in Bowl; add cream including thick cream that may have formed on sides of carton. Process until butter forms into ball, 2-5 mins., depending on age of cream. Drain butter in a colander, then place in bowl and press out remaining liquid with wooden spoon.

If desired, add 1/2 teaspoon salt. Place in crock or dish and refrigerate. Keeps 1 week.

*MAKES about 1/2 cup*



## VARIATION

For flavored butter, add 1 small clove garlic, 1/2 teaspoon onion salt or garlic powder or 1/2 teaspoon of your favorite ground herb or spice to cream and process as above.

## CUCUMBER SAUCE

- |   |  |
|---|--|
| <i>1/2 small cucumber,<br/>unpeeled, seeded</i> | <i>1 teaspoon instant minced<br/>onion</i> |
| <i>1 cup sour cream</i>                         | <i>Salt and pepper to taste</i>            |
| <i>1 teaspoon dill weed</i>                     |  |

Position Disc in Bowl with shredding side up; shred cucumber. Transfer to small mixing bowl. Add remaining ingredients to shredded cucumber and mix together. Refrigerate until serving. Serve with tuna, salmon, seafood and other fish.

*MAKES about 1 cup*

## DESSERTS

### SHORT CUT ROCKY ROAD CANDY

- |  |  |
|--|--|
| <i>1 6 oz. pkg. butterscotch<br/>flavored pieces</i> | <i>1 14 oz. can sweetened<br/>condensed milk</i> |
| <i>1 6 oz. pkg. semi-sweet<br/>chocolate pieces</i>  | <i>1 8 oz. can walnuts</i>                       |
|  | <i>2 cups miniature<br/>marshmallows</i>         |

Combine butterscotch and chocolate pieces with sweetened condensed milk. Melt over hot, not boiling, water until smooth. Remove from heat.

Position Disc, slicing side up, in Bowl and process walnuts. Stir nuts and marshmallows into chocolate mixture. Spread into greased 9" square baking pan. Refrigerate until firm - about 2 hrs. Cut into squares.

*MAKES 2 lbs. candy*

### ONE CRUST STANDARD PIE CRUST

- |  |   |
|--|---|
| <i>1 cup all-purpose flour</i>   | <i>1 tablespoon butter or<br/>margarine, frozen</i> |
| <i>1/2 teaspoon salt</i>   | <i>3 tablespoons cold water</i>                     |
| <i>1/4 cup vegetable shortening,<br/>room temperature, divided<br/>in 3 pieces</i> |   |

Follow procedure for Butter Pie Crusts, adding shortening and butter together. If crust is to be baked before filling, prick generously with fork and bake in preheated 450° F. oven 9-12 mins.

*MAKES 1 (9 inch) pie crust*

**BUTTER PIE CRUSTS**  
**-for flavorful, all-purpose pie crusts-**

2 cups all-purpose flour\*  
1 teaspoon salt

1/2 cup butter, frozen and  
cut into 6 pieces  
1/3 cup cold water

Position Knife Blade in Bowl. Add flour and salt and then butter pieces. Process until butter is evenly cut into flour - about 20 sec. With Food Processor running, quickly add water through Food Chute all at once. Process until dough forms a ball - about 20-30 secs. Remove from Bowl; divide in half and shape into balls. Roll out according to your favorite method. (Chill 1/2 hr. before using, if necessary.)

*MAKES 2 9" pie crusts*

\* No need to sift flour. Instead stir it in canister 3 or 4 times before measuring to fluff it slightly. Measure using dry measuring cups, leveling them off with a straight edge or metal spatula.

**BEST EVER PIE DOUGH**  
**-for flaky, tender pie crusts-**

2 1/4 cups all-purpose flour\*  
1 teaspoon salt

1/4 lb. lard, chilled  
1/3 cup cold water

Position Knife Blade in Bowl. Add flour and salt. Cut lard into 6-7 pieces; add to Bowl. Process until lard is evenly cut into flour - about 20 secs. With Food Processor running, quickly add 1/3 cup water through Food Chute all at once. (Have a few tablespoons additional water on hand.) Process for about 30 secs. If all of the flour mixture has not been moistened, add a tablespoon or so more water and process a few seconds longer. Do not add too much water; dough may be crumbly. Remove Knife Blade; divide dough in half and shape into two balls. Roll out according to your favorite method.

*MAKES 2 9" pie crusts*

\* No need to sift flour. Instead, stir it in canister 3 or 4 times before measuring to fluff it slightly. Measure using dry measuring cups, leveling them off with a straight edge or metal spatula.

**PUMPKIN PIE**

1 30 oz. can pumpkin pie mix  
2 eggs  
2/3 cup evaporated milk

1 9" pie shell, unbaked  
1/2 teaspoon nutmeg (optional)

Position Knife Blade in Bowl. Combine pumpkin pie mix, eggs and milk in Bowl. Process until smooth - about 15 secs. Pour into pie shell. Sprinkle top with nutmeg, if desired. Follow directions on can of pumpkin pie mix for baking temperature and time.

*MAKES 1 9" pie*



## APPLE CRISP

- |  |  |
|--|--|
| 6 medium cooking apples,<br>peeled, cored, quartered | 1/2 cup all-purpose flour                                |
| 2 tablespoons lemon juice                            | 1/2 cup butter or margarine,<br>chilled, cut in 6 pieces |
| 1 cup quick oats, uncooked                           | 1 teaspoon cinnamon                                      |
| 3/4 cup packed brown sugar                           |  |

Preheat oven to 375° F. Position Disc in Bowl with slicing side up; slice apples. As slices reach Fill Level, empty Bowl into ungreased 9" square baking pan. Sprinkle lemon juice over apples. Position Knife Blade in Bowl; add remaining ingredients. Process until crumbly, about 10 secs. Crumble evenly over apples. Bake until apples are tender, 40-45 mins. Serve warm or cold, plain or with ice cream or sweetened whipped cream.

**MAKES 6** (3/4 cup) servings

**NOTE:** Substitute 5-6 cups fruits in season such as peaches or rhubarb. With rhubarb, add 1/2 cup sugar to fruit.

## HONEY TEA CAKE

- |   |                                 |
|---|---------------------------------|
| 2 cups pecans or walnuts                            | 1 cup butter, cut in 1" cubes   |
| 2 3 1/2 oz. jars candied<br>cherries - red or green | 1 cup honey                     |
| 3 cups flour, divided                               | 4 eggs                          |
|   | 1/4 cup bourbon or orange juice |

Preheat oven to 300° F. Position Disc in Bowl, slicing side up. Process pecans or walnuts. Transfer to large mixing bowl. With Knife Blade in place, add cherries and 2 cups flour to Bowl. Process until cherries are coarsely chopped about 3 secs. Add to chopped nuts along with additional 1 cup flour. Reposition Knife Blade and combine remaining ingredients in Bowl. Process until butter is evenly cut into mixture - about 20-30 secs. Pour over dry, chopped ingredients; mix until blended. Then pour into ungreased 10" tube pan. Bake at 300° F. for 1 hr. 20 mins. or until golden brown. Cool completely. Remove from pan and sprinkle top with confectioners' sugar, if desired.

**MAKES 1** 10" tube cake

## CHEWY FRUIT SQUARES

- |  |                               |
|--|-------------------------------|
| 1/2 cup butter, chilled and<br>cut into 6 pieces | 1 egg, slightly-beaten        |
| 1 1/2 cups flour                                 | 1 cup raisins                 |
| 1/4 cup firmly-packed brown<br>sugar             | 3/4 cup coarsely-chopped nuts |

Preheat oven to 325° F. Position Knife Blade in Bowl. Add butter, flour and brown sugar to Bowl. Process until butter is thoroughly cut into dry ingredients - about 15 secs. Remove Cover. Evenly add slightly-beaten egg, raisins and nuts around Bowl. Process until mixture clings together - about 15-20 secs. Carefully remove Knife Blade. Spread mixture evenly over greased 9" square pan, using spatula, and press dough down along edges. Bake at 325° F. for 25-30 mins. or until done. Cut into squares immediately.

**MAKES 16** 2" squares

## CHEESECAKE BARS

- 13 graham cracker rectangles, broken in quarters  
(1 1/2 cups crumbs)
- 1 6 oz. pkg. butterscotch  
flavored pieces
- 5 tablespoons butter

- 1 8 oz. pkg. cream cheese,  
chilled and cut in 6 pieces
- 1/4 cup sugar
- 2 eggs
- 2 tablespoons flour
- 1 tablespoon lemon juice

Preheat oven to 350° F. Position Knife Blade in Bowl with Disc above it shredding side up. Crumb graham crackers. Over low heat, melt together butterscotch flavored pieces and butter. Remove from heat. Stir in graham cracker crumbs. Set aside 1/2 cup of this mixture. Press remaining mixture into ungreased 8" square baking pan. Bake at 350° F. for 10 mins.

Reposition Knife Blade in Bowl and add remaining ingredients. Process until smooth - about 10 secs. Spread over hot, baked crust. Sprinkle reserved crumb mixture over top. Return to oven and bake 20-25 mins. Cool and cut into squares. Store in refrigerator.

*MAKES 16 2" squares*

## PECAN BALLS

- 1 1/2 cups pecan halves
- 2 cups flour
- 1 cup butter or margarine,  
chilled and cut in  
1" pieces

- 1/4 cup firmly-packed  
brown sugar
- 1 tablespoon water
- 2 teaspoons vanilla

Preheat oven to 300° F. Position Knife Blade in Bowl; add pecans. Process until finely chopped - about 5 secs. Transfer to large mixing bowl. Reposition Knife Blade. Add remaining ingredients. Process until dough is mixed and sticks together - about 30 secs. Add to pecans and mix together with hands. Form into small 3/4" balls. Place on ungreased cookie sheets and bake for 30-35 mins. If desired, sprinkle with confectioners' sugar while hot.

*MAKES 5 dozen cookies*



## NUTTY HALF MOONS

1 4 1/2 oz. can whole,  
skinned almonds  
2 cups flour, divided

1 cup butter, chilled and  
cut into 1" pieces  
1 cup sugar  
1 egg, slightly-beaten

Preheat oven to 350° F. Position Knife Blade in Bowl. Add almonds and process until finely ground - about 15 secs. Transfer to large mixing bowl. Reposition Knife Blade. Add 1 cup flour and butter to Bowl. Process until butter is cut into flour - about 15 secs. Remove Cover and add 1 cup flour and sugar. Process to blend - about 10 secs. Remove Cover and pour slightly-beaten egg evenly over butter mixture. Process again until dough is blended - about 15 secs. (If dough is too dry, add 1 tablespoon water to mixture and process a few secs. longer.) Add dough to ground almonds; mix together with hands.

Using a 3/4" ball of dough for each cookie, shape into crescents making small half moons. Place on ungreased cookie sheets. Bake at 350° F. for 15-20 mins. While warm, sprinkle with confectioners' sugar, if desired.

*MAKES 7 dozen cookies*

**GENERAL ELECTRIC COMPANY  
HOUSEWARES AND AUDIO BUSINESS DIVISION  
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**GENERAL  ELECTRIC**